THE READER ISSUE Real Guys, Real Results!

THE MAGAZINE MEN LIVE BY

Men's Health

FREE WORKOUT POSTER!

FIRE FIGHTER STRONG!

Get Big, Torch Fat, Save a Life (Yours)

Cover Contest Winner!
Tim Boniface
Lexington, KY

125 BEST FOODS FOR MEN

THE PALEO SEX SECRET

Invent Fire... in the Bedroom

BOOST YOUR SALARY IN 12 SECONDS

MAX MUSCLE

3 Lifts That Will Transform Your Body

837 READERS SHOW YOU HOW TO:

- Stop Heart Disease
- Drop 10 to 200 Pounds
- Dodge Depression & Change the World!

NOVEMBER 2015
$4.99 US DISPLAY UNTIL NOV 24

0 71486 02737 9

MENSHEALTH.COM PM40063752



The 2016 Ford Explorer Platinum. Standard 3.5L EcoBoost® engine. 365 horsepower.*
Intelligent 4WD with Terrain Management System.™ Now nothing is holding you back.

THE NEW **2016 EXPLORER**

*Tested with 93-octane fuel.


OPPABLE



In the lead role: John Travolta, movie legend and aviation aficionado. Guest star: the legendary North American X-15 that smashed all speed and altitude records and opened the gateway to space. Production: Breitling, the privileged partner of aviation thanks to its reliable, accurate and innovative instruments – such as the famous Chronomat, the ultimate chronograph. Welcome to a world of legends, feats and performance.

BREITLING BOUTIQUE

5 EAST 57TH STREET • NEW YORK
AVENTURA MALL • MIAMI
THE FORUM SHOPS AT CAESARS • LAS VEGAS
THE MALL AT MILLENIA • ORLANDO

WELCOME TO MY WORLD

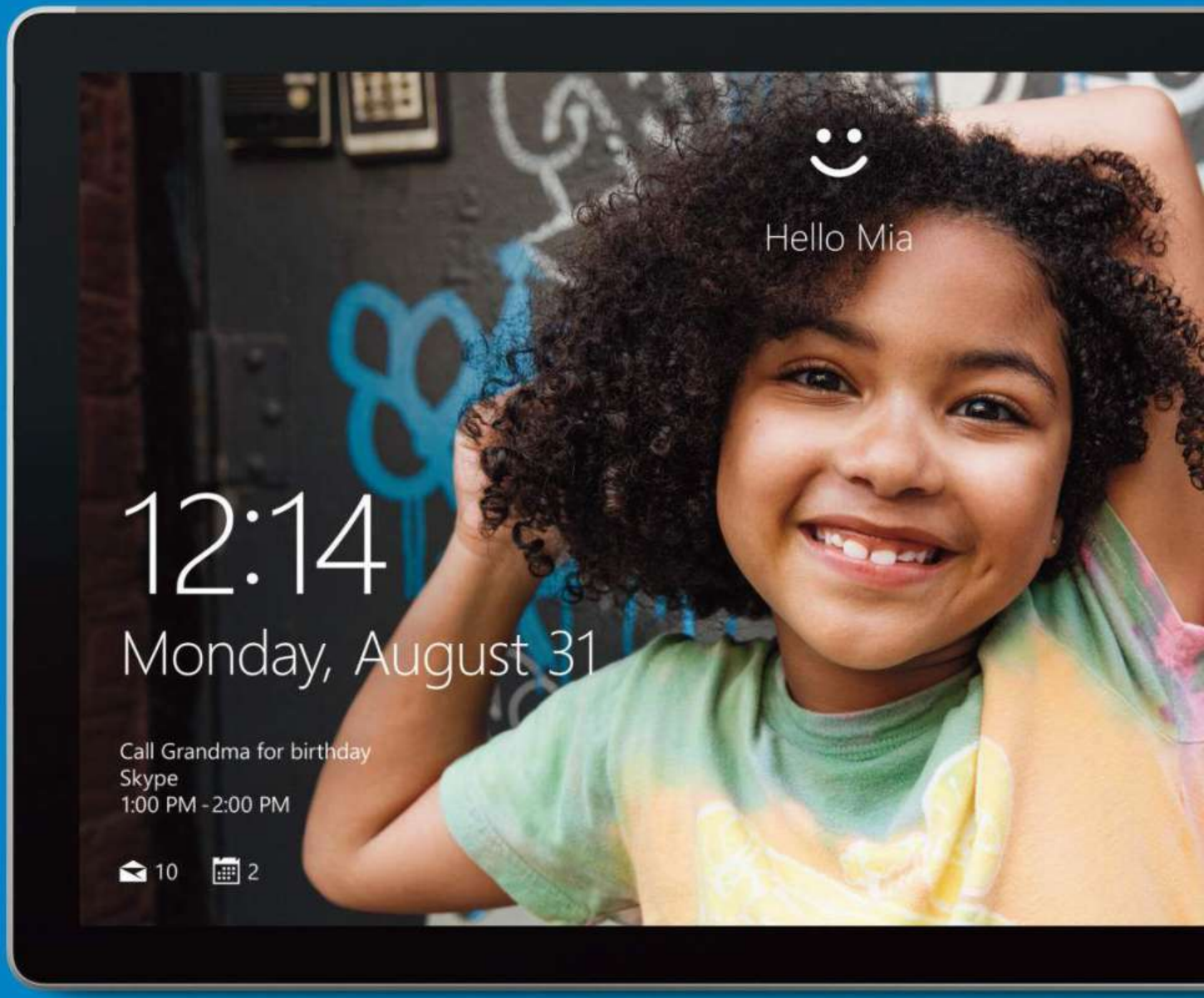


CHRONOMAT 44

BREITLING
1884

INSTRUMENTS FOR PROFESSIONALS™

Microsoft



Your face is your password

Welcome to Windows 10. Now with Windows Hello, you can log in simply with a smile. With Microsoft Edge, write directly on the web with your finger or pen, draw or take notes and then share what you did. Talk to Cortana and she'll get to know you over time. And you'll know how to use the Start menu pretty much instantly. The future starts now, for all of us.

Upgrade to Windows 10 and do great things. Free for a limited time.

Windows 10

Limited time upgrade offer for qualified Windows 7 and 8.1 devices. Hardware/software requirements apply. See windows.com for details.



Hang out with our 2015 Ultimate *Men's Health* Guy, Tim Boniface.

Photograph by JOHN LOOMIS

FEATURES / COVER STORIES

11.15

THE READER ISSUE!

Our cover contest attracted hundreds of men, thousands of abs, and amazing stories.

104
Meet the Winner
Tim Boniface won with his dedication to duty, killer smile, and great meatballs!

108
Find Your Inspiration
Our guys show you how to save your own ass, raise kids, fight fear, and conquer stress.

113
The Firefighter Workout
Build the real-world strength that saves lives—even yours.

116
Fix Your Whole Life
Lose 20 pounds—or 80! Quit sugar, beat diabetes, do 10,000 burpees, and much more!

118
125 Best Foods for Men
Your guide to the supermarket, plus fast recipes for great meals.
EDITED BY PAUL KITA

130
World's Meanest Street
Forge an MMA body with tips from Thailand's Gym Road.
BY T.R. FOLEY

WORK + WEALTH



14/ Stephen Curry Gives an Assist
The Warriors' leader wasn't born an NBA star—he worked at it.

16/ Think Fast!
How brain experts stay their sharpest.

67/ Land a Raise in 12 Seconds
Climb the ranks—and start making bank.
BY STEVE BRAZELL

70/ Set Your Career Wake-Up Call
See how successful men begin their day, then try it yourself.

72/ Learn to Lead
This guy takes charge like his life depends on it—because it does.
BY CLINT CARTER

HEALTH



75/ F the Big C!
Pancreas, liver, testicles, kidney—the only body part cancer deserves is your middle finger.
BY JULIE STEWART

80/ Say Adieu to Your Achoo
Use our snot decoder to find out if you have a cold, allergies, or what.
BY AMY REININK

STYLE + GROOMING



57/ What Time Is It?
Time to put your phone away and buy a grownup's watch! We found options for all styles and wallets.
BY DAN MICHEL

64/ Zap Away the Ugly
Inner beauty takes work. For everything else, there are lasers.
BY SANDRA NYGAARD

Find this special collector's edition at newsstands or shop.MensHealth.com.

SEX + RELATIONSHIPS



85/ Have (Pre)Historic Sex!
Invent fire—in the bedroom.
BY ANNA BRESLAW

FITNESS + MUSCLE

27/ Drop and Give Us 40 Winks!
Learn how sweat sessions can help improve your sleep.

47/ Build Max Muscle
This diminutive "Ant" man can outlift most hulks. His superpower? Good form.
BY ANDREW HEFFERNAN, C.S.C.S.

54/ Upgrade Your Workout Wardrobe
Ditch the baggy T-shirts and shoddy shorts, and put the fit back in your fitness attire.



THE MH LIFE

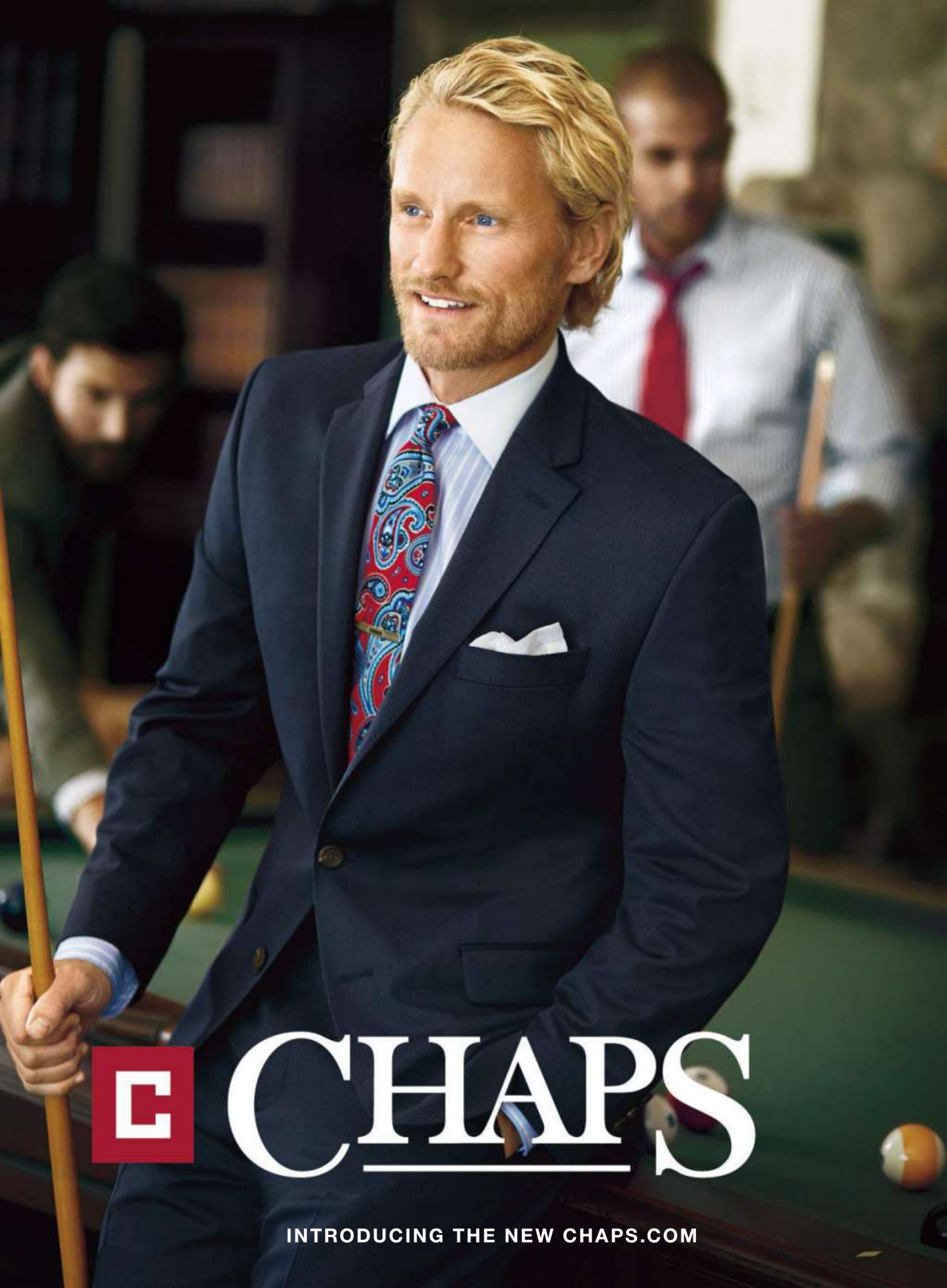
95 Collect Your Man License
Car-care tips every guy should know; plus four sounds you should never ignore.
BY JACLYN TROP

102 Life Lessons at 200 Miles an Hour
Formula One champ Lewis Hamilton tells you how and when to floor it.
BY ERIC ADAMS

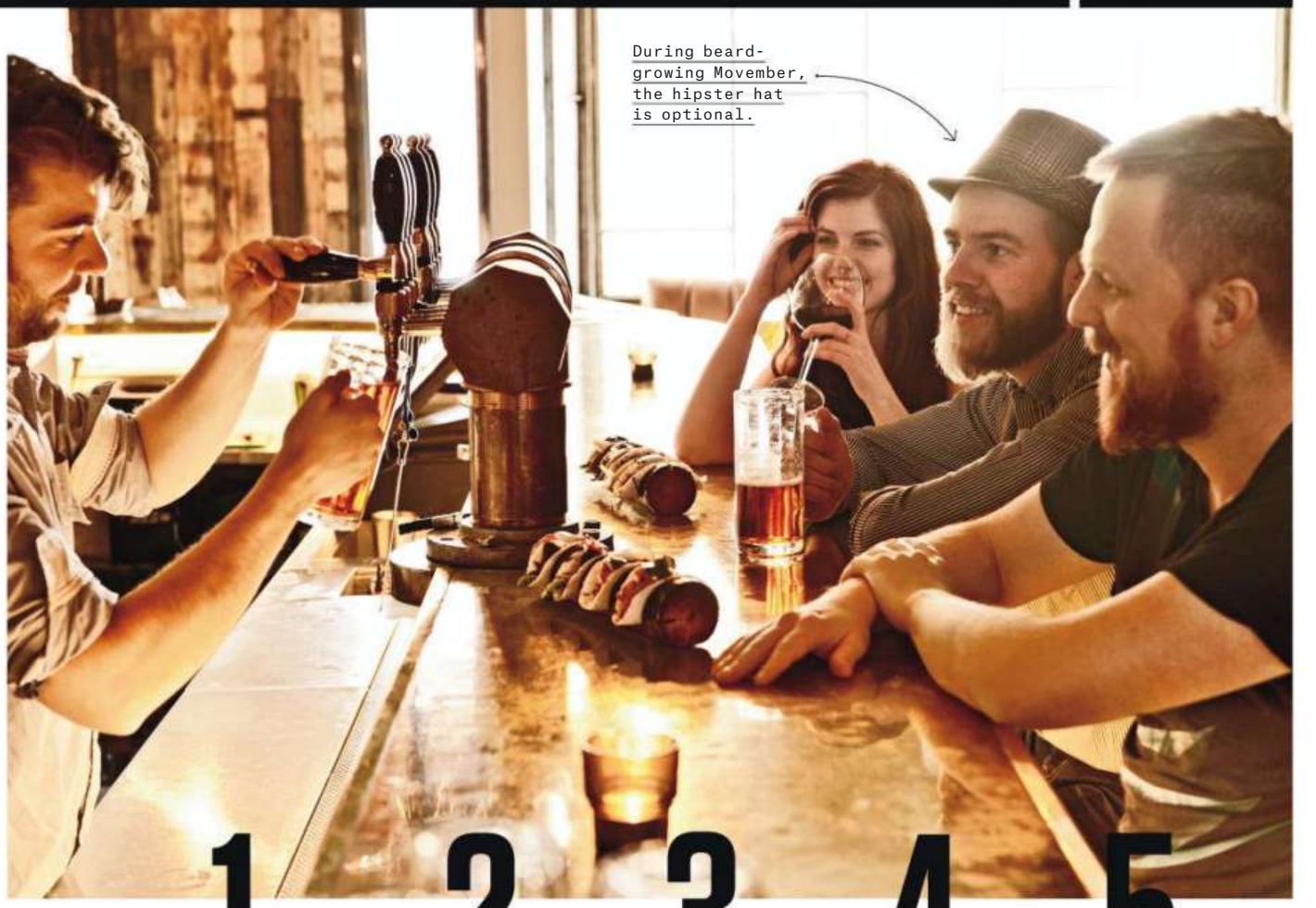
ON THE COVERS
Tim Boniface and the Ultimate *MH* Guy finalists, photographed by John Loomis. Styling by Brian Boyé and Dan Michel, hair by Ryutaru/Halley Resources, makeup by Claudia Andreatta/Halley Resources.



Clockwise from top left: REINHARD HUNGER. BRITT SPENCER. PLAMEN PETKOV. GIJS VAN DER MOST. 20th Century Fox Film Corporation/Photofest. Collector's cover, from left: C9 shirt and shorts, Reebok shoes; Lululemon shirt, C9 shorts, New Balance shoes; Under Armour shirt and shoes. C9 shorts; Under Armour shirt; Sugoi shorts, Nike shoes; Lululemon shirt, Rhone shorts, Reebok shoes


CHAPS
INTRODUCING THE NEW CHAPS.COM

NOVEMBER #MHchallenge



BE THANKFUL FOR THESE OPPORTUNITIES TO STAND OUT.

AS WE SLIDE EVER CLOSER TO THE HOLIDAY SEASON, RISE UP AND TAKE A HEROIC STAND FOR HEALTH!

1 Bake a pumpkin pie out of an actual pumpkin.

You could just open a can of factory goop like your mom used to do. But a pie made from a sugar pumpkin (not the kids' jack-o'-lantern) will have a fresher, more pumpkiny flavor, says Mayo Clinic dietitian Katherine Zeratsky, R.D., L.D. Cook it, mash it, mix it, bake it; serve it to your astonished family.



2 Commit to lifting, and prepare your body for winter.

As T-Day closes in, the typical American starts gaining weight…and never loses it. You, sir, are not typical! Measure your waist and keep an eye on it. Then pump some iron; having more lean muscle can raise resting metabolism, so you burn more calories while you're on the sofa watching the NFL.



3 Let your facial freak flag fly—and fight disease!

Why is Willie Geist so scruffy these days? It's the month to grow a mustache or beard to raise awareness of diseases that strike men. You can donate your shaving savings, or more. (More is better.) It's a good chance to sharpen your grooming skills. Join the movement: no-shave.org.



4 This Thanksgiving weekend, enter a running race.

Remember that pumpkin pie you baked? Trust us: It'll taste better with a dash of running. Go to runnersworld.com/race-finder and look for one of those "turkey trot" races. Running a 5K will burn more calories than you'll consume in one slice of that scrumptious pie. But not two.



5 Throw a pregame party on a rival's campus, and live!

A tailgating challenge: Go to a road game and set up in hostile territory. If you have a generous attitude, "your experience is going to be a lot more satisfying," says John Sherry, Ph.D., a cultural anthropologist at Notre Dame. Make a peace offering: beers and brats for your new frenemies.



Gallery Stock (photograph), SERGE SEIDLITZ (illustrations)


AVAILABLE AT
Finish Line
Search ZPump at Finishline.com
Reebok
Be more human.
S7
R3
THE
pump
PUMP TO FIT.
FIT TO ATTACK.
J.J. WATT - DEFENSIVE END
© 2015 Reebok International Limited. All Rights Reserved.

8 Things Readers Have Taught Me

HUNDREDS OF READERS ENTERED; FIVE DETERMINED, ACCOMPLISHED, inspirational guys rose to the top. But only one, Tim Boniface—a banker-turned-firefighter from Lexington, Kentucky—was smart enough to offer me meatballs. And for that (and a few better reasons) Boniface, 36, is our 2015 Ultimate *Men's Health* Guy. He succeeds Iraq war vet Noah Galloway, 2014's winner and one tough act to follow. (Ready for your turn on *Dancing with the Stars*, Tim? Or maybe you'd prefer *The Bachelor*?)

The contest began with a simple idea: The 25 million guys who read this magazine and visit the *MH* website each month have a lot to teach one another. We tap that knowledge starting on page 104, where two dozen men share their wisdom, motivational tips, and success strategies. Here's what I learned.

1/

MOST COPS ARE IN IT FOR GOOD REASONS. Adam Wheeler, a former Olympian, is a SWAT team officer with the Colorado Springs PD. "I've never met a cop who was in it for power," he told me. "We take pride in doing the right thing."

2/

ALL CHALLENGES ARE RELATIVE. After serving his country in Iraq, Danny Farrar ended up depressed and homeless. "I was the architect of my own unhappiness," he says today. Now he runs boot-camp gyms and a charity to prevent veteran suicides.

3/

ANALOG HAS ITS ADVANTAGES. There's no TV at Omari Grey's house, which he shares with his wife and eight kids. The family spends its days working, reading, and actually talking. "I represent an alternative way to live," Grey says.

4/

IF YOU CAN DREAM IT, YOU CAN DO IT. James Lawrence was a little hard to connect with over the summer because he was busy running 50 Ironman-length races in 50 states in 50 days! Oh, and along the way he raised $75,000 to fight childhood obesity.

5/

SOME GUYS TAKE #WINNING TOO SERIOUSLY. Cheaters? Yeah, we had a few. One Ultimate *MH* Guy entrant programmed a bot to vote for him hundreds of times a day. I appreciated his resourcefulness. Our legal department did not.

6/

WE EACH DEFINE "MAN" IN OUR OWN WAY. When transgender finalist Aydian Dowling won the reader vote, a friend asked me if he should be disqualified. "Aydian worked hard to become the man he is," I said. "That's good enough for me."

7/

THERE'S HOPE FOR MEN YET. Are men at a Darwinian dead end? No way. If this contest is anything, it's a reminder that men are vital contributors to their families, their communities, and the nation. We need more of that mojo, not less.

8/

IT'S NOT JUST ABOUT BEEF. Tim Boniface uses three meats in his meatballs. Why didn't I think of that? His inspiring story—with the recipe—begins on page 106. And we're still 12 months away from knowing next year's winner. Maybe it's you?

OUR 2015 JUDGES

Kenneth Cole Executive chairman, Kenneth Cole

Chris Cuomo Anchor, CNN *New Day*

Noah Galloway 2014 Ultimate *Men's Health* Guy winner

Willie Geist Cohost, NBC *Today*

Chris Hickey President, Isopure

Sofía Vergara …because why the hell not?

OUR 2015 SPONSORS

Kenneth Cole Mankind Ultimate

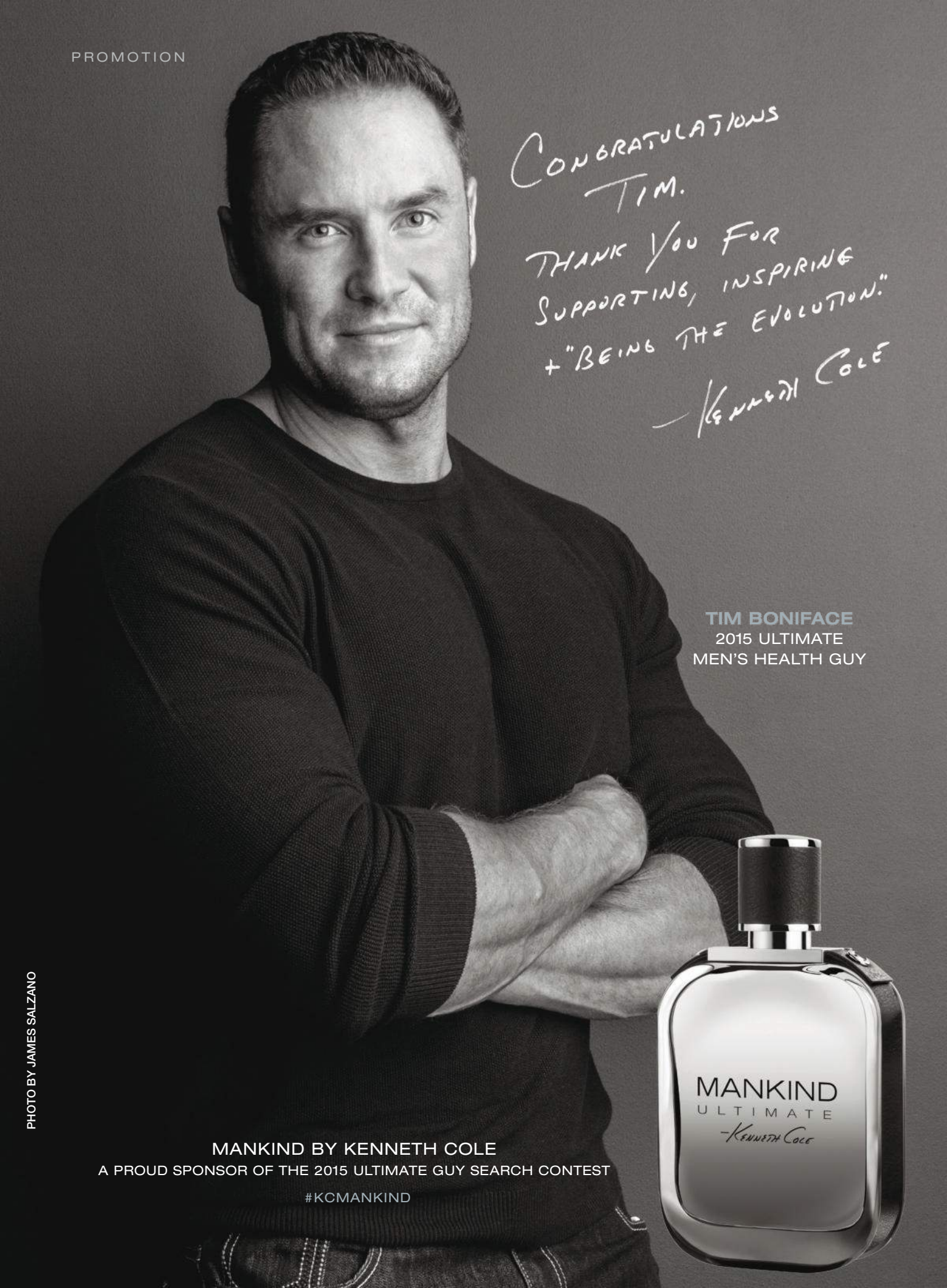
Isopure



From left: Ultimate *MH* Guy finalists Omari Grey, Aydian Dowling, Adam Wheeler, and Danny Farrar, and winner Tim Boniface.

Bill Phillips,
EDITOR-IN-CHIEF
@billphillipsMH

Photograph by JOHN LOOMIS. styling: Brian Boyé and Dan Michel. hair: Ryutaru/Hailey Resources. makeup: Claudia Andreatta/Hailey Resources. From left: Lululemon shirt, Rhone shorts. Reebok shoes: C9 shirt and shorts. Reebok shoes: Under Armour shirt and shoes. C9 shorts. Lululemon shirt. C9 shorts. New Balance shoes: Under Armour shirt. Sugoi shorts. Nike shoes



MANKIND BY KENNETH COLE

A PROUD SPONSOR OF THE 2015 ULTIMATE GUY SEARCH CONTEST

#KCMANKIND

Men's Health

Bill Phillips
VP / EDITOR-IN-CHIEF

PETER MOORE VP / Editor

MATT MARION Executive Editor
BILL STIEG Articles Editor
BJ GADDOUR Fitness Director
JOHN McCARTHY Senior Managing Editor
CLINT CARTER, BEN COURT, MIKE DARLING, BEN PAYNTER, TREVOR THIEME Senior Editors
PAUL KITA Food & Nutrition Editor
LILA BATTIS, MICHAEL EASTER, MELISSA ROMERO Associate Editors
KATHERINE DEMPSEY, TONY DORMANN, MICHELLE MALIA, ASHLEY NAFTALY, LEAH POLAKOFF Interns

FASHION
BRIAN BOYÉ Executive Fashion Director
SANDRA NYGAARD Fashion Director
DAN MICHEL Associate Fashion Editor

ENTERTAINMENT
ELYCIA RUBIN Contributing Editor

ADMINISTRATION
MARY RINFRET Executive Assistant

LAURA BEIL, OLIVER BROUDY, STEVE CALECHMAN, BOB DRURY, NOAH GALLOWAY, MATT GOULDING, T.E. HOLT, M.D., JOE KITA, MICHAEL PERRY, LOU SCHULER, RICHARD SINE, BRYAN SMITH, LAURENCE ROY STAINS, GREGG STEBBEN, TRAVIS STORK, M.D., LAURA TEDESCO, JIM THORNTON Contributing Editors

THOMAS O'QUINN Creative Director
JEANNE GRAVES Director of Photography

DESIGN
MICHAEL SCHNAIDT Senior Art Director
PETE SUCHESKI Art Director
GRACE MARTINEZ Deputy Art Director
LAURA RENGA Contributing Designer

PHOTOGRAPHY
DON KINSELLA Deputy Director of Photography
MARK HADDAD Photo Editor
AMY McNULTY Contributing Photo Editor

PRODUCTION
MELISSA JEWSBURY Production Director
JANNA OJEDA Production Manager
ANGELA GIANNOPOULOS Assistant Managing Editor

COPYEDIT
SUSAN WEST Copy Chief
JERILYN COVERT Senior Copy Editor

RESEARCH
JENNIFER MESSIMER Research Chief
MELISSA HASKIN Researcher

INTERACTIVE DESIGN AND DEVELOPMENT
ELLIE CLAYMAN Interactive Art Director
JENNIFER GIANDOMENICO Digital Production Supervisor
ELLEN MARELLO Contributing Copy Editor

MEN'S HEALTH BOOKS
JEFF CSATARI Executive Editor
GILLIAN FRANCELLA Editorial Assistant

PUBLIC RELATIONS
NORA GARRITY Senior Director of Communications

"I have to call people if they miss a deadline or exceed budget. They're always 'in a meeting.' Is it me?"

FAVORITE MH TIP
ADVERSITY CAN BE YOUR ALLY. FOR LIVING PROOF, READ THE INSPIRING STORIES OF OUR ULTIMATE *MEN'S HEALTH* GUY FINALISTS STARTING ON PAGE 104.



MENSHEALTH.COM
Adam Campbell
EDITOR

DAN REVITTE Creative Director
KEVIN DONAHUE Senior Managing Editor
BJ GADDOUR Fitness Director
ERIC SPITZNAGEL Deputy Editor
ANDREW DANIELS, JILL FANSLAU Senior Editors
NICHOLAS GRIEVES Senior Video Producer
BARRY KNOBLACH Producer

MICHAEL EASTER, ALI EAVES, CHRISTA SGOBBA Associate Editors
KELSEY CANNON, JADA GREEN, ERIN WEAVER Assistant Editors
CHRISTINE FLAMMIA Assistant Fashion Editor
JUSTIN MILLER Online Graphics Designer
MICHAEL SNEEDEN Assistant Video Producer
PAIGE CARLOTTI Junior Producer

RODALE INTERNATIONAL
Robert Novick
SVP, INTERNATIONAL BUSINESS DEVELOPMENT AND PARTNERSHIPS

KEVIN LaBONGE Executive Director, Business Development and Global Licensing
ANGELA KIM Director, Business Development and Global Licensing
TARA SWANSEN Director, Global Marketing

JOHN VILLE Editorial Director, Rodale International
LAURA ONGARO Editorial Director, *Men's Health* and *Women's Health*
KARL ROZEMEYER Senior Content Manager
SAMANTHA QUISGARD Associate Editor

EDITORIAL OFFICES
Rodale Inc., 400 S. 10th St., Emmaus, PA 18098

Global Editions/ Editors-in-Chief

Australia LUKE BENEDICTUS
Brazil SERGIO XAVIER
Bulgaria VLADIMIR KONSTANTINOV
China JONNY GUO
Croatia KREŠIMIR ŠEGO
France PATRICK GUERINET
Germany MARKUS STENGLEIN
Greece VASSILIS GEORGAKAKOS
Hungary MÁTÉ PÁSZTOR
India AROON PURIE
Indonesia PANGESTI BERNARDUS
Italy ENRICO BARBIERI
Kazakhstan ASSET ABDIROV
Malaysia JOHN NG
Mongolia MUNKHDELGER TUVSHIN
Netherlands RONALD JANUS
Philippines ALLAN MADRILEJOS
Poland KRZYSZTOF KOMAR
Portugal PEDRO LUCAS
Romania MIHAI GHIDUC
Russia KIRILL VISHNEPOLSKY
Serbia and Montenegro IVAN RADOJCIC
Singapore KELVIN TAN
South Africa JASON BROWN
South Korea SEUNG KWAN PAIK
Spain JORDI MARTINEZ
Thailand CHATCHAWIN UNHANUN
Turkey FATIH BÜYÜKBAYRAK
United Kingdom TOBY WISEMAN

Latin America
FRANCISCO CUEVAS
ARGENTINA
ARUBA
CHILE
COLOMBIA
COSTA RICA
CURAÇAO
DOMINICAN REPUBLIC
ECUADOR
EL SALVADOR
GUATEMALA
HONDURAS
MEXICO
NICARAGUA
PANAMA
PERU
VENEZUELA

Middle East
CARLIN GERBICH
BAHRAIN
KUWAIT
OMAN
QATAR
UNITED ARAB EMIRATES



"After a day spent shooting that cool 1960 MG on page 95, I'm falling out of love with my ride. Sorry, LeBaron."

FAVORITE MH TIP
IF YOU DON'T KNOW A FLYWHEEL FROM A RZEPPA JOINT, TAKE RAY MAGLIOZZI'S ADVICE: BRING THE MECHANIC DOUGHNUTS.

Ronan Gardiner
VP / PUBLISHER

ERIC HUNTER Associate Publisher, Integrated Marketing
CHRIS PEEL National Advertising Director
CORY ROTKEL National Digital Advertising Director

ADVERTISING SALES
New York (212) 697-2040
LEXA CROWLEY GOTTLIEB Integrated Advertising Director
LEANNE LoCASTRO Fashion and Watches Director
DOUG ZIMMERMAN Grooming Director
JAIME MILLER, GIL TIAMSIC Advertising Sales Managers

Atlanta (770) 664-5342
JOHN PEASLEY Peasley & Partners

Chicago (312) 726-0365
AUTUMN JENKS Midwest Sales Director
BRIDGET McGUIRE Midwest Account Manager

Dallas (972) 669-1663
CRAIG C. WEINBRENNER Jameson, Weinbrenner

Detroit (248) 637-6668
MARY MEYERS Sales Director

Los Angeles (310) 615-4567
RICHARD KEECH Western Account Director

San Francisco Office (415) 439-4601
ANDREW KRAMER Kramer Media

Canada Representative (416) 368-6800
ALYEA HENDERSON

France Representative 011 33 1 47 30 71 80
FABIO LANCELLOTTI Def & Communication

Italy Representative 011 39 02 874543
ANGELO CAREDDU Oberon Media S.R.L.

KAREN FERBER Business Manager

AYELET LONDON Production Manager
ROBIN ROTHROCK Advertising Production Specialist

LAUREN BRADFORD Publisher's Assistant
SAMANTHA INZALACO, PHOEBE LICATA, SUE MARINELLI, REBECCA NORRIS, SHEENA PINKNEY, JACQUELINE WASHBURN Sales Assistants

MARKETING SERVICES
MICHAEL KELLY Director, Integrated Marketing
STEPHANIE BLOCK, LEAH PAOLINO, KRISTEN REID, AMANDA YOUNGER Integrated Marketing Managers
KIM BERRY Senior Special Events Manager
JEFF GRIFFITH Creative Director, Marketing
ROBERT SLAGLE Senior Art Director

MENSHEALTH.COM
COLLEEN DUKE Digital Account Manager
EILEEN BECKER, ADAM CAPLAN, BRITTANY SHERLOCK Digital Sales Planners

JOANNE FERENCZI Finance Director



"I now know tons of useful stuff: I edited The Big Book of Uncommon Knowledge, *on sale this month."*

FAVORITE MH TIP
GOT AN ICE-COLD BREW AND NO OPENER? SAVE YOUR TEETH: WE HAVE THE "KEY" TO SOLVING YOUR DILEMMA ON PAGE 42.

CUSTOMER SERVICE (800) 666-2303

Email HLHcustserv@rodale.com
Online MensHealth.com/customer-service
Mail *Men's Health* Customer Service
400 S. 10th St., Emmaus, PA 18098-0099

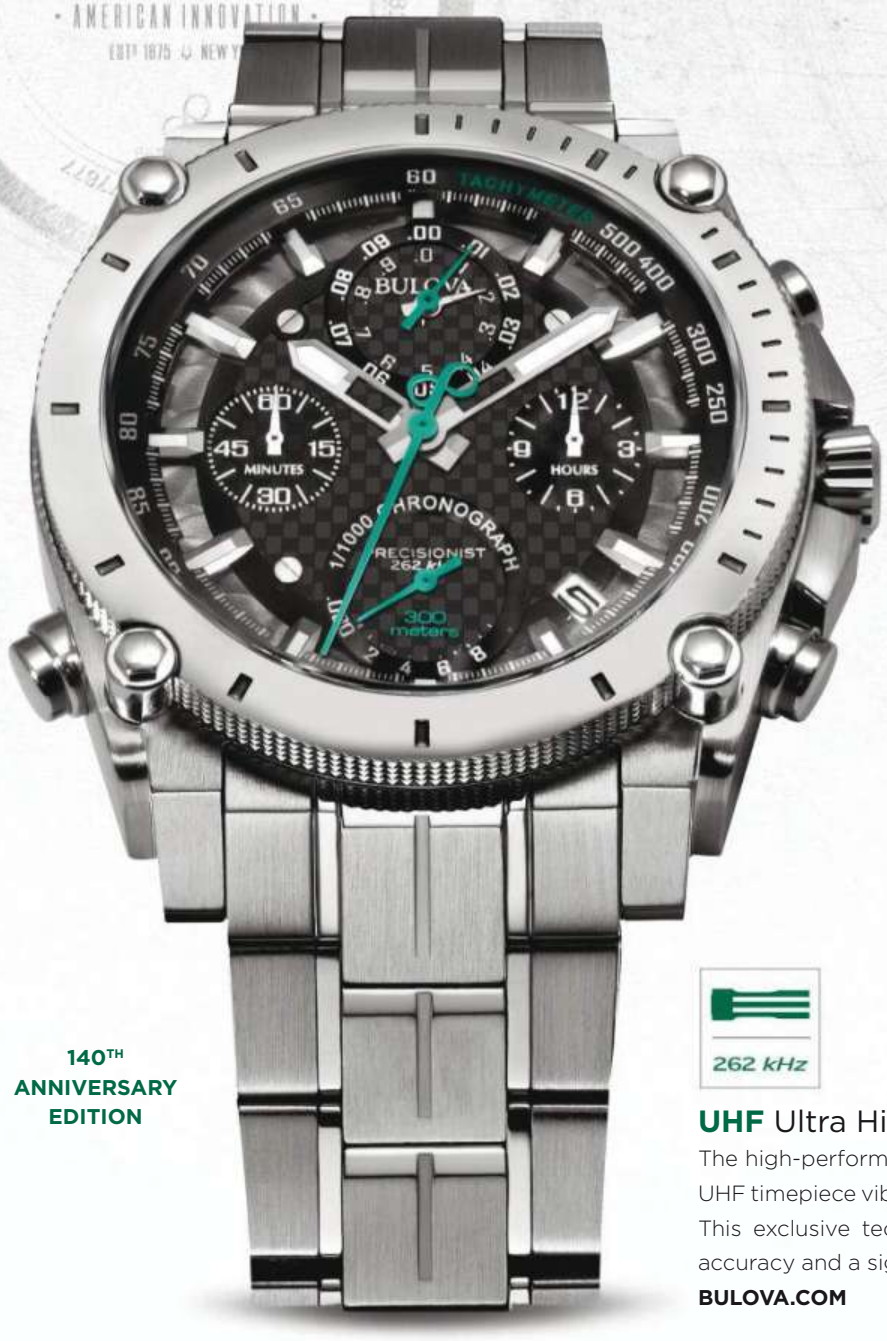
Absolute satisfaction guaranteed. Scent-free subscription available on request. We occasionally make our subscribers' names available to companies whose products or services may be of interest to them. You may request that your name be removed from these promotion lists; call (800) 666-2303 or go to rodaleinc.com/your-privacy-rights. **Printed in USA**

From top: NATHANIEL WELCH; JOHN LOOMIS; Kroger & Gross/Stockfood

A HISTORY OF MODERN.

BULOVA

EST⁰ 1875 NEW YORK



140TH ANNIVERSARY EDITION

262 kHz

UHF Ultra High Frequency

The high-performance quartz inside each Bulova UHF timepiece vibrates at a frequency of 262 kHz. This exclusive technology features unparalleled accuracy and a signature sweeping second hand.

BULOVA.COM

UHF, Bulova and Precisionist are registered trademarks. UHF is a proprietary technology of Bulova Corporation. © 2015 Bulova Corporation. 96B241

Need a Career Assist?

Stephen Curry led the Warriors to the NBA title with did-you-see-that ballhandling, quick-draw shooting, and strong leadership. But it all began with tireless practice. Take notes.



START SMALL

Standing 5'8" as a freshman in high school, Curry needed to change his shot to play varsity. "I had to make it quicker with a higher release," he says. "It was a grueling summer." He started in close, grooving his release, and didn't leave the paint for two weeks. "It's still a work in progress"—he really said that—"but with anything, if you stick with it and keep working at it, eventually you'll figure it out."

MAKE THINGS HARDER

Curry played plenty of boyhood ball in his Grandpa Jack's gravel driveway, the same place his father, 16-year NBA vet Dell Curry, also learned the game. "If you can dribble and control the ball off that gravel," Curry says, "you'll be all right on hardwood. Even now when I train, I add elements that make the game harder. So when I'm in that moment of competition in a real game, it should be easier."

DO THE WORK

Curry puts up at least 100 shots before each game "to see the ball go in and build some confidence. There's really no way to cheat the system," he says. "You either put the work in and reap the benefits of what you're doing, or you try to take shortcuts and think you're going to be all right. But it doesn't work that way. The guys who put in the most reps are usually the ones who are most successful."

FIND YOUR MANTRA

No pregame tunes for Curry. "My line is 'Lock in.' That's how I focus," Curry says. "I say it to myself over and over. 'Time to go: Lock in and get ready to play.' It's a mentality. Focus on what you need to do to lead your team. A hundred percent focus on the game." —BILL STIEG

"IF YOU'RE THE BEST VERSION OF YOURSELF, THINGS WILL WORK OUT. YOU MIGHT HAVE TO BE MORE PATIENT, BUT HARD WORK WILL BE REWARDED."

Dylan Coulter (photograph)



EDDIE BAUER SNOWBOARDER WYATT CALDWELL
TRAINS IN THE IGNITELITE HYBRID JACKET.
PRIMALOFT® SILVER INSULATION ACTIVE
FOR BREATHABLE WARMTH.
EVERYTHING YOU NEED. NOTHING YOU DON'T.

Eddie Bauer
LIVE YOUR ADVENTURE®

RULES I LIVE BY Brain Health

How our health, psychology, and nutrition experts keep their minds sharp.

Golf for Your Gray Matter

"Our ancient ancestors thrived on a healthy trifecta. **Interaction with nature, frequent socializing, and daily physical activity can be calming yet invigorating,** which helps you think more clearly as a result. I enjoy fishing, golf, and hiking, which can hit all three if you invite a friend. For even more benefits, take a few moments to notice even the mundane things in your environment—the colors of the leaves, the shapes of the clouds, bird songs."

Thomas Joiner, Ph.D., is a distinguished professor of psychology at Florida State University.

Become a More Learned Man

"I challenge my brain and my assumptions constantly. **Learning anything new helps the brain make fresh connections,** strengthens existing ones, and spurs mental growth. This past spring I did a session at South by Southwest called Hacking the Brain, during which I interacted with musicians, actors, and engineers. It was very mind expanding. I also plan to attend Burning Man and a Digital-Life-Design conference. These are polar opposites of the medical conferences I normally attend, so they balance out my orthodox and creative sides."

P. Murali Doraiswamy, M.D., is a professor of psychiatry at the Duke University Institute for Brain Sciences.

Put Your Ear on the Pillow

"Scientists know that during sleep your brain rids itself of unhealthy metabolic plaque. Now research from Stony Brook University suggests that **sleeping on either side helps your brain clear metabolic plaque faster,** possibly decreasing your risk of such diseases as Alzheimer's and Parkinson's. The research is preliminary, but it is compelling. To try side sleeping, buy a body pillow, such as the Moonlight Slumber Comfort-U. Wrap yourself around it or have it pushed up against your back so you can't roll."

W. Christopher Winter, M.D., is medical director of the Martha Jefferson Hospital Sleep Medicine Center in Charlottesville, Virginia.

Learn to Breathe Like a SEAL

"About 45 minutes prior to a big meeting, I drink a double espresso and pop 200 milligrams of L-theanine, an amino acid. **Espresso has caffeine and antioxidants to optimize mood, and L-theanine pairs with caffeine to boost brain function.** It also eases java jitters. Then, within about 30 minutes of the meeting, I do a Navy SEAL trick: five minutes of deep breathing, inhaling through my nose and emphasizing exhaling through my mouth. This stimulates the parasympathetic nervous system, which lowers your heart rate, resulting in better focus."

Mike Roussell, Ph.D., is an adjunct professor of nutrition at Penn State University and the author of *The Six Pillars of Nutrition.*

Eat Fish Oily and Often

"Strong research shows that **consuming the omega-3 fatty acid DHA stimulates your brain's ability to adapt to challenges** by forming new pathways; the process is called neuronal plasticity. Fatty fish, like sardines, arctic char, and salmon, are the richest sources of DHA [docosahexaenoic acid], so I eat at least two servings a week. I also drink red wine, coffee, and cocoa for their polyphenols—antioxidants that may help prevent cognitive decline."

Alan Aragon, M.S., is the coauthor of *The Lean Muscle Diet.*



OUR ADVISORY BOARD

ALTERNATIVE MEDICINE
Benjamin Kligler, M.D., M.P.H., C.A.

BRAIN HEALTH
P. Murali Doraiswamy, M.D.
David S. Liebeskind, M.D.

CARDIOLOGY
John Elefteriades, M.D.
Prediman Krishan Shah, M.D.
Eric J. Topol, M.D.

DENTISTRY
Mark S. Wolff, D.D.S., Ph.D.

DERMATOLOGY
Adnan Nasir, M.D., Ph.D.

EMERGENCY MEDICINE
Travis Stork, M.D.

EXERCISE SCIENCE
Alexander Koch, Ph.D., C.S.C.S.
Mark Peterson, Ph.D., C.S.C.S.*D

FAMILY MEDICINE
Ted Epperly, M.D.

GASTROENTEROLOGY
Mark Welton, M.D.

MENTAL HEALTH
Thomas Joiner, Ph.D.
William Pollack, Ph.D.

NUTRITION
Alan Aragon, M.S.
Jeffrey Blumberg, Ph.D., F.A.C.N., F.A.S.N., C.N.S.
Mike Roussell, Ph.D.

OPHTHALMOLOGY
Kimberly Cockerham, M.D., F.A.C.S.

SEX & RELATIONSHIPS
Debby Herbenick, Ph.D., M.P.H.

SLEEP MEDICINE
W. Christopher Winter, M.D.

SPORTS MEDICINE
Bill Hartman, P.T., C.S.C.S.
Jordan D. Metzl, M.D.

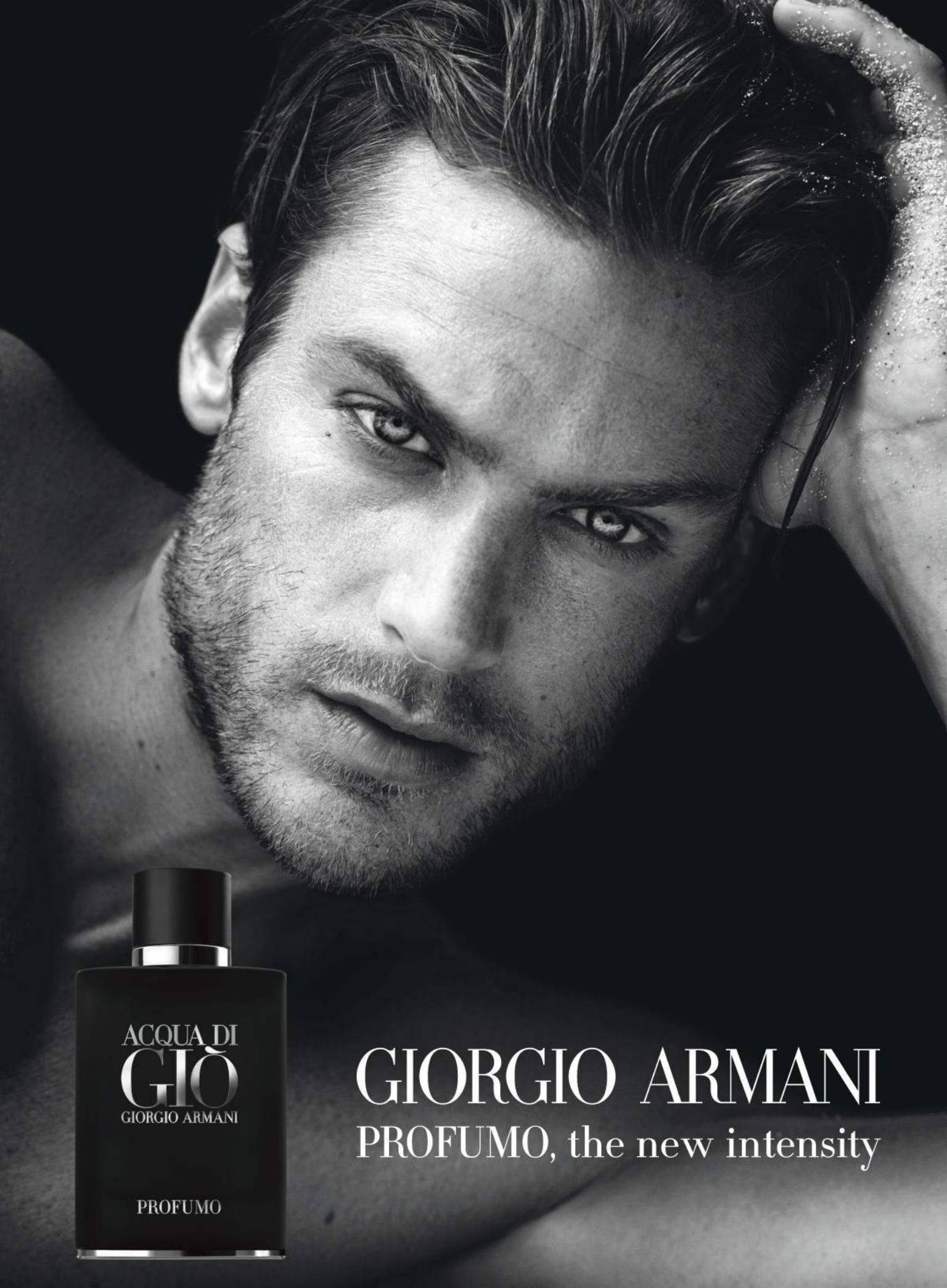
TRAINING
Mike Boyle, M.Ed., A.T.C.
Alwyn Cosgrove, C.S.C.S.*D
BJ Gaddour, C.S.C.S.
David Jack

UROLOGY
Larry I. Lipshultz, M.D.
Judd W. Moul, M.D., F.A.C.S.

WEIGHT LOSS
David Katz, M.D., M.P.H., FACPM, F.A.C.P.
Jeff S. Volek, Ph.D., R.D.

Icons by SAM PEET

PORTRAIT ILLUSTRATIONS BY DAVID MAHONEY

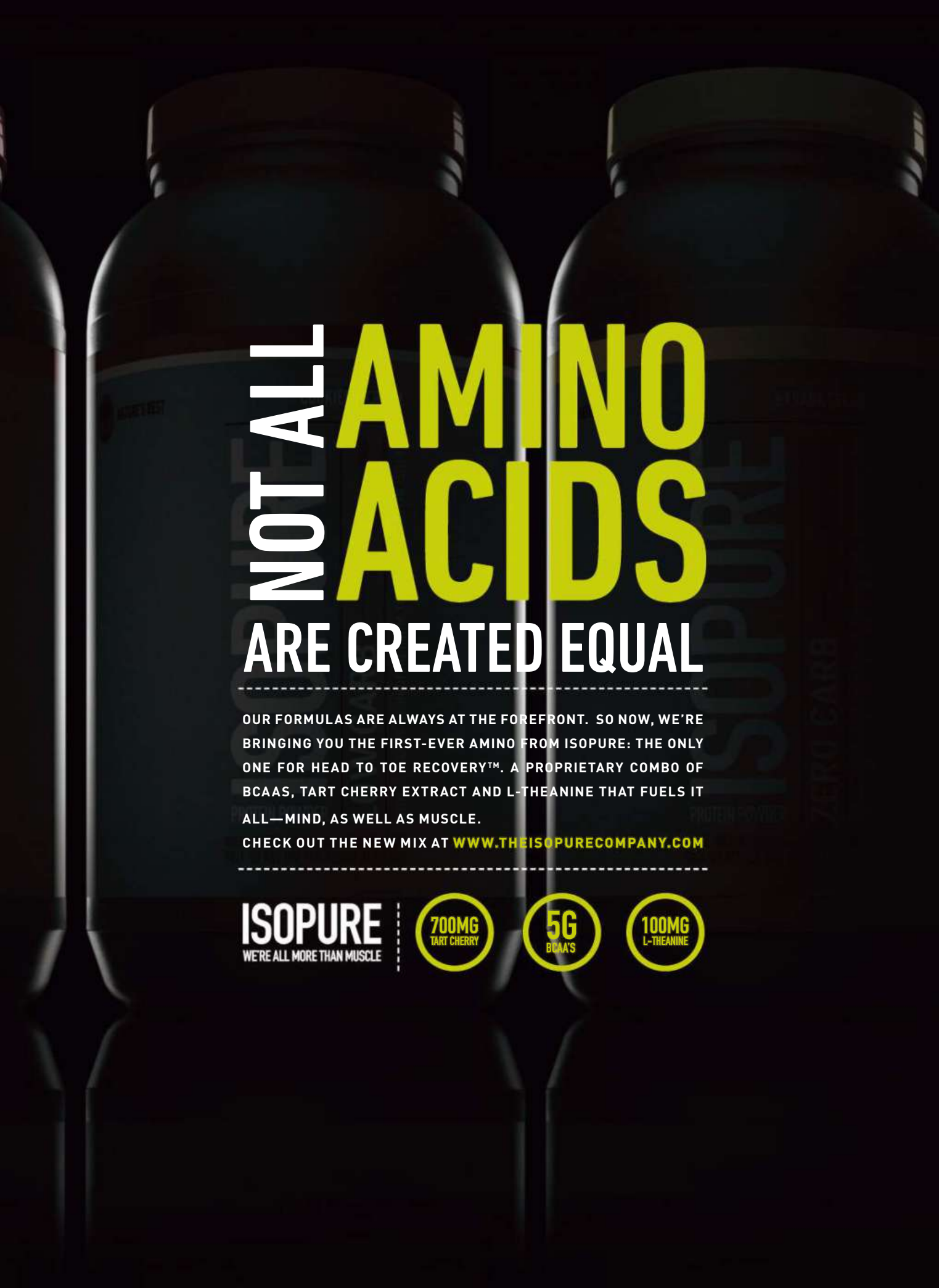

ACQUA DI
GIÒ
GIORGIO ARMANI
PROFUMO
GIORGIO ARMANI
PROFUMO, the new intensity


ACQUA DI
GIÒ
GIORGIO ARMANI
PROFUMO
THE NEW INTENSITY



©2015 LIFE TIME FITNESS, INC. All rights reserved. EVMG51134


NATURE'S BEST™
NATURALLY & ARTIFICIALLY FLAVORED
ALPINE PUNCH
ISOPURE
AMINO SUPPLEMENT
AMINOS
BCAAS, TART CHERRY EXTRACT & L-THEANINE FOR HEAD TO TOE RECOVERY*
NET WT. 10.05 OZ (285G)
ISOPURE
ZERO CARB
PROTEIN POWDER
ISOPURE
ZERO CARB
PROTEIN POWDER


NOT ALL
AMINO
ACIDS
ARE CREATED EQUAL
OUR FORMULAS ARE ALWAYS AT THE FOREFRONT. SO NOW, WE'RE BRINGING YOU THE FIRST-EVER AMINO FROM ISOPURE: THE ONLY ONE FOR HEAD TO TOE RECOVERY™. A PROPRIETARY COMBO OF BCAAS, TART CHERRY EXTRACT AND L-THEANINE THAT FUELS IT ALL—MIND, AS WELL AS MUSCLE.
CHECK OUT THE NEW MIX AT WWW.THEISOPURECOMPANY.COM
ISOPURE
WE'RE ALL MORE THAN MUSCLE
700MG
TART CHERRY
5G
BCAA'S
100MG
L-THEANINE

Ask MH™

LIFE'S QUESTIONS, ANSWERED



Don't take a number—or yours could be up.

Is it safe to eat smoked deli meats like pastrami?

ROBERT, NEW YORK, NY

You're worried that where there's smoked there's fire. Studies linking smoked meats to stomach cancer have been inconsistent and conducted in countries where the diets aren't comparable to ours, says Christian Abnet, Ph.D., M.P.H., of the National Cancer Institute. Still, other dangers inhabit the deli: Most processed meats have a surfeit of salt (½ pound of pastrami contains the entire RDA of sodium for an adult), which may ramp up blood pressure, suggests a 2015 *Journal of Hypertension* study. And scientists in Switzerland found that people who ate 1.8 ounces of processed meat daily were 30 percent more likely to develop colorectal cancer than those who ate less. *MH* nutrition advisor Mike Roussell, Ph.D., says a serving or two a week is okay, but ditch the Dagwoods.

I heard that the FDA tightened its warning on OTC pain relievers. Now what should I be taking?

CONNOR, PHILADELPHIA, PA

The issue isn't just about what you should take but how much. In 2005, naproxen (Aleve) and ibuprofen (Advil)—both of which are nonsteroidal anti-inflammatory drugs, or NSAIDs—were required to carry label warnings mentioning that they *might* increase your risk of heart attack and stroke. Now these labels must bear sterner language. A recent FDA analysis concluded that taking NSAIDs *definitely* raises your odds, by 10 to 50 percent. These double-edged drugs function by suppressing inflammation-inducing enzymes, but that can also harden arteries, elevate blood pressure, and cause blood clots, says Steven Woloshin, M.D., a professor of medicine at Dartmouth University. So why are these meds still on the market? Because taking low doses for a week, max, is relatively safe for an average healthy guy with no heart issues, says *MH* cardiology advisor Prediman Shah, M.D. It's when you get into a pattern of, say, popping Aleve after every workout that you can start hurting your ticker, especially if you already have heart disease. Sound like you? Figure out what's causing these dates with pain—and then break them.

Sometimes exercising makes me itchy. What's going on?

TIMOTHY, COLUMBIA, SC

Unless you've been doing pushups in poison ivy, we're betting on the simplest explanation. Working out causes your blood vessels to dilate, bringing a rush of blood to your skin, says Anatoli Freiman, M.D., D.A.B.D., medical director of the Toronto Dermatology Centre. Sometimes, especially after a hiatus from the gym, your brain may misinterpret that increased bloodflow as an allergic reaction and send out itch-inducing histamines to fight it. Short-term, you can pop a nondrowsy antihistamine like Allegra roughly

Misha Gravenor



Reinvented from the inside out.

Introducing the all-new GLC. Starting at $38,950.* With its dynamic, intelligent new design, the GLC almost looks like it's thinking. In fact, it is. With a 360° array of radars, cameras, and sensors linked to an onboard computer, the GLC is constantly processing, monitoring, and adjusting to the road as you drive. "All-new" in every sense, the GLC resets the bar for the luxury SUV. MBUSA.com/GLC

Mercedes-Benz
The best or nothing.

2016 GLC 300 shown in Iridium Silver metallic paint with optional equipment. Vehicle available fall 2015. *MSRP excludes all options, taxes, title, registration, transportation charge and dealer prep. Options, model availability and actual dealer price may vary. See dealer for details. ©2015 Mercedes-Benz USA, LLC
For more information, call 1-800-FOR-MERCEDES, or visit MBUSA.com.

30 minutes before each of your next few training sessions. But if you're still scratching when you stop taking the meds, a too-tight workout wardrobe might be the culprit. Friction can trigger a histamine release, Dr. Freiman says. The obvious fix: looser gear. *MH* fitness director BJ Gaddour suggests Hylete's line of compression shorts and socks. They're less constricting than some other brands but are still a snug fit for your muscles. (For more gym gear, turn to page 54.)

How can I convince my girlfriend to quit going to tanning salons?

MAX, BOSTON, MA

Try the terrifying truth: Tanning beds roast her with doses of UVA radiation that are 12 times stronger than sunlight's. That may be hard to believe, given that she comes out brown, not burned. "The UVA light used doesn't create skin redness or burning sensations, so tanners often don't realize how much damage it's doing," says Rogerio Neves, M.D., Ph.D., deputy director of the Penn State Hershey Melanoma Center. In fact, regular use of tanning beds increases the risk of developing melanoma, the deadliest type of skin cancer, by 75 percent if use starts before age 35. Still haven't convinced her? Then home in on why she's fake-baking. If it's linked to looks, suggest a safe self-tanner. These products contain dihydroxyacetone, a noncarcinogenic color additive that tints the outermost layer of skin.



Tell her *MH* fashion director Sandra Nygaard recommends Jergens Natural Glow lotion ($11, walgreens.com), which tans evenly over time and doubles as a daily moisturizer. Now, if she says tanning gives her a mood boost, she may be hooked on the endorphin rush triggered by UV exposure, says Dr. Neves. For a high without the hurt, suggest that she turn her tanning appointments into gym dates with you instead.

Is Icelandic yogurt more nutritious than the Greek kind?

BEN, SALISBURY, MD

No need to start an international incident over curdled milk. In terms of nutrition, Icelandic and Greek yogurts are nearly identical, says Kimberlee Burrington, M.S., a food scientist at the Wisconsin Center for Dairy Research. Both types are made from milk and live active cultures and undergo an extensive straining process to remove the whey, which consists of water, lactose, and minerals. What remains is a thick, tangy mixture that typically has 2 to 3 grams of protein and only 1 gram of carbohydrates per ounce. That's more than twice the protein and about a quarter of the sugar of standard vanilla yogurt. Most brands of both types also mix in about five different kinds of good-for-your-gut bacteria. Siggi's Icelandic yogurt, for example, contains *B. lactis*, which may improve allergy symptoms, while Fage, a brand of Greek yogurt, has *L. casei*, an immunity booster. (To make sure you have the right quality and quantity of good bugs, look for the National Yogurt Association's "Live and Active Cultures" seal.) In terms of taste, Icelandic is fermented to a lower pH (which equals higher acidity) and strained slightly more, so it'll be a tad thicker and tarter. But no matter which type you choose, always get the plain and add your own fruit, Burrington says. Flavored yogurts of any kind often use fruit preserves, which can add several teaspoons of sugar per serving to your "healthy" snack.

SHE ASKS

Do men have erogenous zones?

EMMA, CHICAGO, IL

Besides the area where stimulation leads to a stiffy? Yep. Lots of male body parts have a high concentration of nerve endings, but only a few send pleasurable sensations to the brain's insula when touched, says Oliver Turnbull, Ph.D., a professor of psychology at Bangor University in Wales. In fact, Turnbull's research shows that men and women share many of the same hot spots, including the lips, nape of the neck, nipples, and inner thighs. But dudes also have a P-spot—as in the perineum, that area between his balls and butt. In Turnbull's study, guys found perineal stimulation to be 30 percent more mind-blowing than women did. (For the men reading this, now you know where to gently plant her hand. Ask her to use her fingers to massage this area lightly and slowly, suggests *MH* sex advisor Debby Herbenick, Ph.D.) And remember, ladies: Men aren't great about signaling when something feels good. You can consider one of his delighted grunts the equivalent of a thousand of your moans.

DOES IT WORK?



Adult coloring books

○ SKIP IT
● WORTH IT

The Claim Using coloring books with intricate patterns created specifically for adults can help relieve stress and anxiety.

The Verdict Feeling crazed? Grab a crayon. Coloring in complex images is repetitive and rhythmic, which can have a soothing effect, explains David Gussak, Ph.D., an art therapist at Florida State University. If that sounds a bit zen, well, it is: In a study in the journal *Art Therapy*, people who colored in mandalas—ornate designs prominent in Buddhism—saw their stress levels drop three times as much as people who worked with a plaid pattern and twice that of the folks who doodled on a blank page. Your stress-busting supplies: *Coloring Mandalas: For Confidence, Energy, and Purpose* ($17, amazon.com) and a set of Pentel markers ($36, pentel.com).

From top: Chris Craymer/Trunk Archive; iStockphoto



Reinvented from the outside in.

Introducing the all-new GLC. Starting at $38,950.* Before you even step on the gas, the GLC takes your breath away. The artful décor and seating—every stitch Mercedes-Benz. A touchpad-operated infotainment system—so smart, it reads your handwriting. And DYNAMIC SELECT—transforms the experience with multiple driving modes. "All-new" in every sense, the GLC resets the bar for the luxury SUV. MBUSA.com/GLC

Mercedes-Benz
The best or nothing.

2016 GLC 300 shown in Iridium Silver metallic paint with optional equipment. Vehicle available fall 2015. *MSRP excludes all options, taxes, title, registration, transportation charge and dealer prep. Options, model availability and actual dealer price may vary. See dealer for details. ©2015 Mercedes-Benz USA, LLC
For more information, call 1-800-FOR-MERCEDES, or visit MBUSA.com.

AM I NORMAL?

I feel extremely uncomfortable when people cry in front of me.

JAMES, ORLANDO, FL

You're not a wuss—you're just culturally conditioned. Seeing someone cry makes many men uneasy because tears signal vulnerability, a feeling that guys have been taught to avoid, explains Randy Cornelius, Ph.D., a professor of psychology at Vassar College who studies the science of human emotions. The other person's tears may even act as an "emotional contagion" and cause you to mist up too. So your reaction is normal—although it may not be desirable, depending on who's doing the crying and why. Weeping wife? Blubbering buddy? You'll need to lend an ear. If you have trouble suppressing your squirming, just tell yourself that turning on the waterworks can actually make a person *stronger*. In a study from Indiana University, college football players who felt comfortable with crying had a mental edge both on and off the field: They had higher levels of self-esteem than teammates who bottled up their emotions.

● NORMAL ○ WEIRD

Would it be dumb to start using anti-aging cream before I'm 35 years old?

DAVID, DALLAS, TX

There's nothing dumb about outsmarting wrinkles. Your skin starts to visibly age in your late 20s, which is when production of collagen and elastin slows down, says Los Angeles dermatologist Annie Chiu, M.D. These two proteins are found in your connective tissues and help keep your skin tight and firm. To fight the sag, start rubbing in retinol now. This natural form of vitamin A not only boosts collagen and elastin but also helps shed dead skin cells and replace them with new ones. In a 2015 study published in the *Journal of Drugs and Dermatology*, a retinol cream applied every day for a year reduced women's skin damage by 84 percent and decreased their fine lines by 44 percent. You *do* want a fresher-looking face too—right? Try Neutrogena's retinol-based Rapid Wrinkle Repair moisturizer ($21, neutrogena.com). Apply it at night after washing your face.

Are there any quick self-checks doctors use that I can try myself?

TODD, SAN JOSE, CA

Many M.D.'s use their bathroom mirror as a diagnostic device. "The eyes reveal a lot about a person's overall health," says *MH* family medicine advisor Ted Epperly, M.D. Normally, the area around your irises is mostly white, so a change in color could indicate a medical condition. You already know that bloodshot eyes typically denote dryness or allergies. But how about a yellow hue? It's called jaundice, which may point to a liver problem. And if you see a gray ring around your cornea? You're looking at *arcus senilis*, caused by fatty lipid deposits. In younger men it could be a sign of hypercholesterolemia, which can lead to heart disease. After their orbs, docs will also take note of their nails. Because blood vessels lie beneath them, your nails let you quickly assess your circulation, says Dr. Epperly. Try the capillary refill test: Press down hard on a nail with your thumb; then let go. It should turn white and then return to light pink within two seconds. If it takes longer, that means your blood isn't circulating fast enough—because you're dehydrated or anemic or have peripheral artery disease. Chug some H_2O and retake the test. Failed again? Stop playing doctor and go see one.

How do I stop my feet from stinking?

RYAN, FRANKLIN, OH

A bacterial buildup is probably afoot. Your feet sweat more than most other body parts, says Tracey Vlahovic, D.P.M., an associate professor of podiatry at Temple University School of Podiatric Medicine. And when you combine wet dogs with hot socks, you have the perfect petri dish for microbes to multiply. To kill them, Dr. Vlahovic says to mix 3 to 4 tablespoons of cider vinegar in a half gallon of warm water and soak your feet for 10 minutes at least three times a week until the stench dissipates. Then swap your cotton socks for more breathable polyester or nylon blends and sprinkle baking soda in your shoes to neutralize odor and absorb moisture. Together with the vinegar-water soak, these two steps should stop the stink cycle, Dr. Vlahovic says. But if your feet still reek? Walk them into a doctor's office; you may be prescribed an antibiotic foot cream with bacteria-fighting benzoyl peroxide and clindamycin, such as Duac gel.

What's the best body-fat scale?

JOHN, CHERRY HILL, NJ

Actually, consumer devices that claim to gauge your lard level just don't work. That's because nearly all of them operate the same way: You stand on the scale and an electrical current shoots up one leg and down the other. This zap slows when it senses water in your muscles, which is an indicator of your fat-free mass. Subtracting that number from your weight determines your body fat percentage—at least in theory. "These machines assume that the water content in your muscles is constant, but it isn't," says Hank Lukaski, Ph.D., an adjunct professor of kinesiology at the University of North Dakota. His research shows that this can lead to a margin of error as high as 10 percent. If you want accuracy, ask your doc to assess your adiposity with a dual-energy x-ray absorptiometry machine. This device scans your whole body and has a much lower margin of error. Cost: $100.

Have a question? We've got answers! Ask at MensHealth.com/experts.

Can I seriously get a contact high from my roommate's pot smoke?

KYLE, NEW HAVEN, CT

Totally, dude. And as you might expect, the environment where you make contact plays a big role, says Evan Herrmann, Ph.D., a postdoctoral fellow in psychiatry and behavioral sciences at Johns Hopkins School of Medicine. In Herrmann's study, people who spent an hour inhaling secondhand pot smoke in an unventilated room felt tired, got the munchies, and performed poorly on a basic test of motor ability and memory, while people who had access to fresh air experienced no such changes. So if you don't want to play Cheech to his Chong, crack a window or two. Otherwise, that contact high may follow you to the office: You might have inhaled enough THC to fail a standard workplace drug test. But don't get all paranoid—Herrmann says you'll probably only test positive for 24 hours. If you're worried, take a day off from work—and your workout. Researchers in Australia have discovered that exercise boosts blood levels of cannabinoids by releasing THC stored in your fat.



Illustration by TOBY LEIGH

ADDITIVES ARE FOR THE BIRDS NOT THE CHICKEN



Ever wonder why some places add a bunch of additives to your food? Well, when speed and shelf-stability are your bag, you need some shortcuts to fake the flavor back in. At Chipotle, we start with great ingredients and cook them with care. So our grilled chicken, slow-braised barbacoa, and hand-mashed guacamole don't need any of that extra junk. They're packed with amazing flavor, not preservatives, stabilizers, or any other strange things that don't even sound like food.

CHIPOTLE

THE ORIGINAL STEINIE

BACK FOR A LIMITED TIME

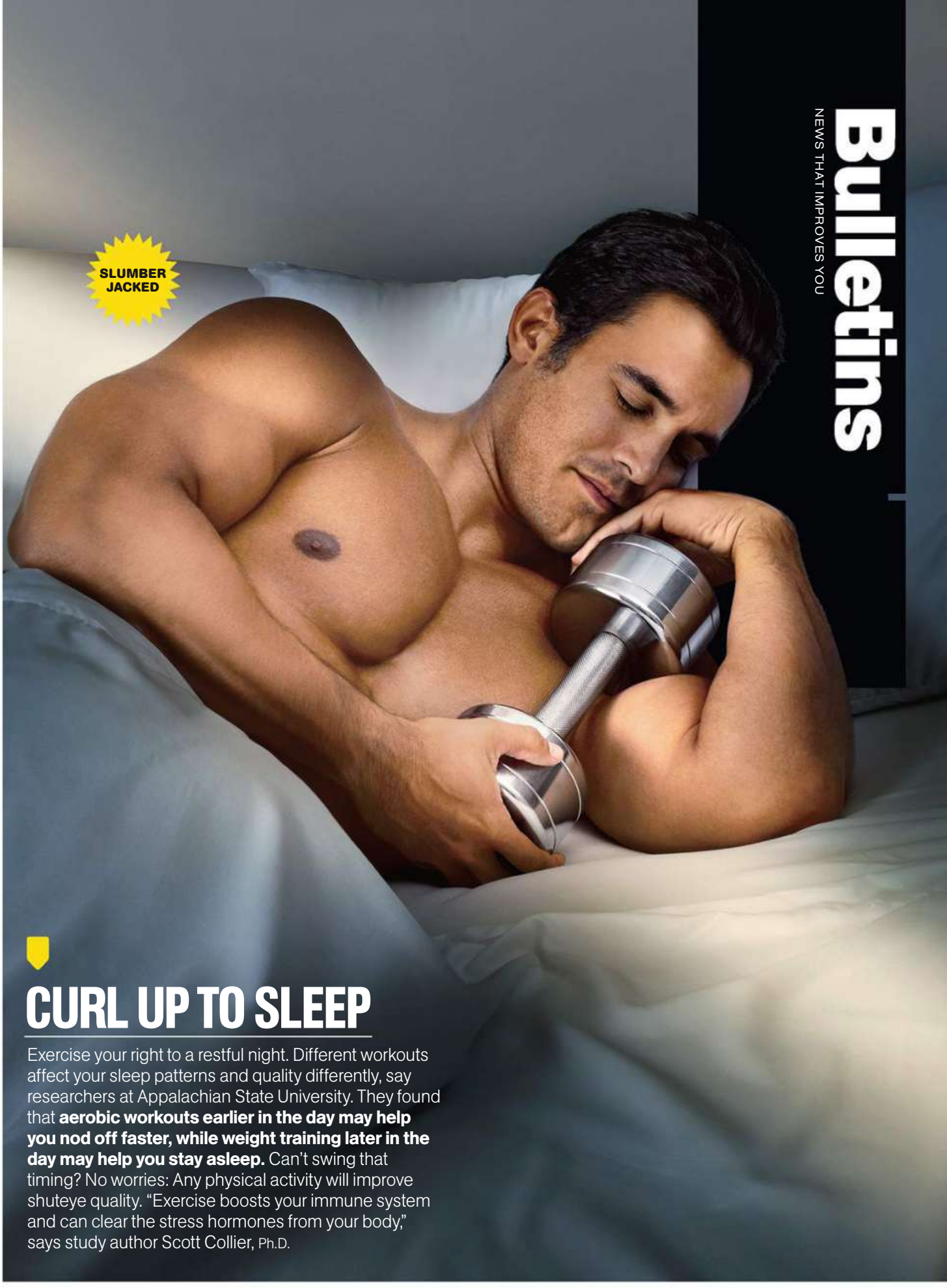
The bottle that started it all is back. But it won't be around forever. So crack open a Miller Lite Steinie bottle and enjoy a round while it's still around.

#ITSMILLERTIME



GREAT BEER
GREAT RESPONSIBILITY.

©2015 MILLER BREWING CO., MILWAUKEE, WI



CURL UP TO SLEEP

Exercise your right to a restful night. Different workouts affect your sleep patterns and quality differently, say researchers at Appalachian State University. They found that **aerobic workouts earlier in the day may help you nod off faster, while weight training later in the day may help you stay asleep.** Can't swing that timing? No worries: Any physical activity will improve shuteye quality. "Exercise boosts your immune system and can clear the stress hormones from your body," says study author Scott Collier, Ph.D.

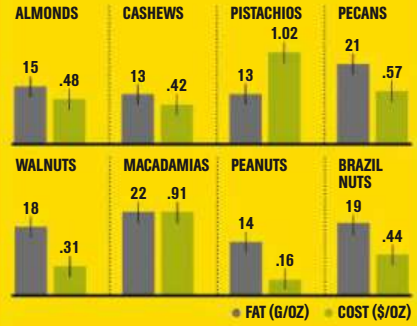
PHOTOGRAPHS BY CLAIRE BENOIST

Grab Your Nuts

It takes a crack team to beat the number one killer of men. A Harvard study review reports that **eating nuts can help you avoid dying of heart disease.** The risk of people who ate the most (a serving a day) was 39 percent lower than that of folks who ate the least. Nuts' healthy fats may lower blood lipid levels, while other compounds help vessels expand, easing bloodflow. Eat an ounce a day—49 pistachios, 22 almonds, or 18 cashews.

How They Stack Up

All nuts have heart-healthy fats, but the amounts vary. Here's what you're shelling out for.





FOOD FACADE

Ever been lured into a bad relationship by a pretty face? We thought so. **Packaged foods bearing sexy nutrition claims on the front can be hard to resist,** New Zealand research reveals. Shoppers were up to 9 percent more likely to grab grub with a billboarded benefit—even if the food was otherwise a health dud. So ignore the slick front labels. Check the nutrition stats, then commit.



MEAL MULTIPLIER

PESTO CHANGE-O!

Struggling to eat enough nuts? Put a new spin on basic basil pesto. Toast ¼ cup of your favorite nut, then pulse in a food processor with 2 cups leafy greens or herbs, ½ cup grated hard cheese (such as pecorino, manchego, or firm cotija), 2 garlic cloves, and ¼ cup olive oil until smooth.

10

GRAMS OF GRAIN-BASED FIBER (QUINOA, OATS) YOU NEED TO EAT DAILY TO CUT YOUR RISK OF TYPE 2 DIABETES BY 25 PERCENT

Source: *Diabetologia*

In a nutshell: Protein, healthy fats, disease-fighting firepower.

All Bulletins: Matt Vohr/Hailey Resources (food styling). Angela Campos/Stockland Martel (prop styling); this page: MICHAEL BRANDON MYERS (illustration); iStockphoto (grocerier)

EDITED BY LILA BATTIS





NEW ALCOHOL FREE

SLEEP LIKE A ROCK.

THE NON-HABIT FORMING SLEEP-AID FROM THE MAKERS OF NYQUIL.™ SLEEP EASILY. SLEEP SOUNDLY. AND WAKE REFRESHED.

Use as directed for occasional sleeplessness. Read each label. Keep out of reach of children. © Procter & Gamble, Inc., 2015

VICKS

WINNING STRATEGY

BUILD IN BLOCKS

For faster results, focus your training. **Concentrating on a specific fitness goal each month can lead to greater overall gains,** suggests a study in the *Journal of Strength and Conditioning Research*. Try it: Pick a monthly goal—say, strength, power, cardiovascular stamina, or endurance—and dedicate two workouts a week to achieving it.

STAY ON A ROLL

Foam-rolling before and after a workout can help speed recovery, but don't stop there. **To significantly improve your mobility, you also have to foam-roll on days you don't train,** say University of Oregon researchers. Roll each of your major muscle groups for a few minutes on your off days to reap the maximum benefit.



RUT? RUT ROH!

To pack on size quickly, many guys train like bodybuilders (e.g., back and biceps one day, chest and triceps the next). But if your gains seem to be leveling out, it's time to change your approach. **Total-body workouts can help you break through a training plateau,** a Lehman College study suggests. "Training muscle groups at least twice a week may stimulate more protein synthesis," says study author Brad Schoenfeld, Ph.D. The result: fresh growth.

11

PERCENTAGE GAIN IN MEN'S VERTICAL JUMP AFTER THEY DID PLYOMETRIC TRAINING 3 DAYS A WEEK FOR A YEAR

Source: *Bone*

Want legs like these? Rethink the way you load your lunge.

Boost Lunge Capacity

Offset training—loading one side of your body—makes moves like the lunge and split squat more challenging. Which side do you load? It depends on your goal. **Holding the weight in the hand opposite your working leg engages your gluteus medius nearly twice as much,** say Czech scientists. Holding it in the other hand emphasizes your quads.

Your Next Big Move

Trainers call the barbell squat the king of exercises. But a U.K. study found that the rear-foot-elevated split squat can increase your strength, speed, and agility just as much. "And because it's less technical and requires less mobility, it's safer," says Doug Kechijian, D.P.T., of Peak Performance in New York City. Here's how to do it.



Stand tall holding two dumbbells next to your sides. Place the top of your right foot on a bench behind you, and brace your core.



Slowly lower your body as far as you can. Pause, and then quickly push back up to the starting position. Do 3 sets of 16 reps (8 per leg).

MICHAEL BRANDON MYERS (blocks), MARK NERYS (exercises), YAY Media AS/Alamy (kettlebell)

THE NEWEST THING IN BATTERIES
ISN'T 100% NEW.

Introducing *Energizer*® EcoAdvanced™



TM



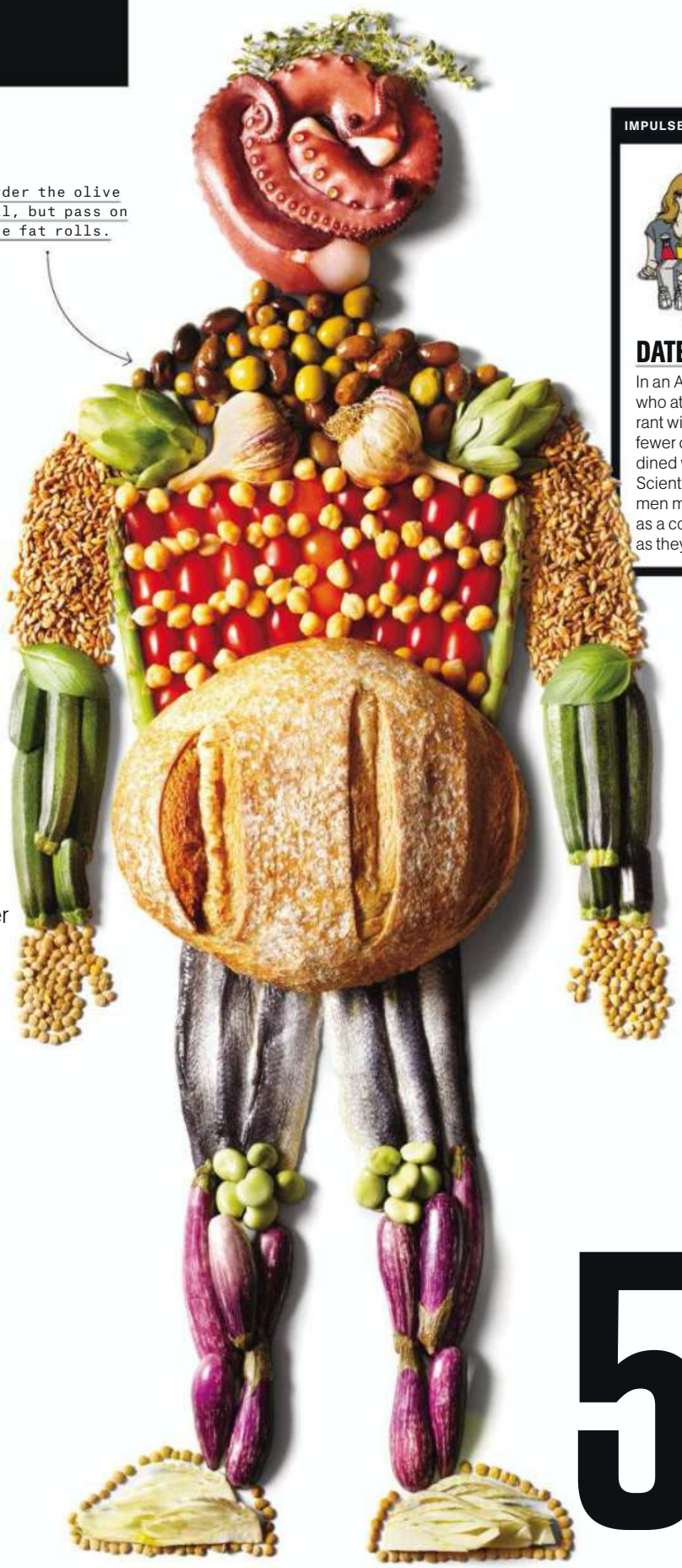
Our **longest-lasting** alkaline is also the **WORLD'S FIRST** AA battery made with **4% RECYCLED BATTERIES.**

that's positivenergy™

energizer.com/ecoadvanced



© 2015 Energizer
Energizer, Energizer Bunny design, EcoAdvanced, card and label graphics and other marks are trademarks of Energizer.



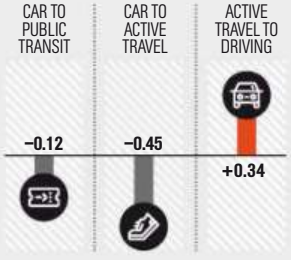
Lose Your Breadbasket

No loafing in the weight-loss battle! According to a Spanish study review, **white bread can give you a gut even if you eat a sensible Mediterranean diet.** White-bread eaters added a half inch more to their waist, and nearly 2 pounds more body weight, than people who ate little or no white bread, the review concluded. Both groups' diets included plenty of olive oil, beans, produce, and fish. Still crave your daily bread? Go whole grain: It had no effect on weight gain. That's because the added fiber gives your slice a better glycemic index, explains study author Lluís Serra Majem, Ph.D.

Heavy Traffic (and Driver) Ahead

Ditch the drive: In a U.K. study, folks who started walking, biking, or taking public transportation to work lowered their BMI and lost up to 15 pounds in two years.

BMI change if you switch from...



Source: *Journal of Epidemiology & Community Health*

IMPULSE CONTROL



DATE OFF WEIGHT

In an Australian study, guys who ate at a fast-food restaurant with a woman took in 255 fewer calories than when they dined with two or more people. Scientists aren't sure why, but men may see eating in a group as a competition or order more as they wait for others to finish.



SEE YOUR M.D., DROP THE LB

Losers can't be choosers: **You may shed more weight if your diet is prescribed by a doctor,** say Brown University scientists. People assigned to a three-month online interactive diet program lost 9 pounds more than those who were asked to read a weekly weight-loss newsletter. Having a doc's input provides accountability and spurs you to make more behavioral changes.

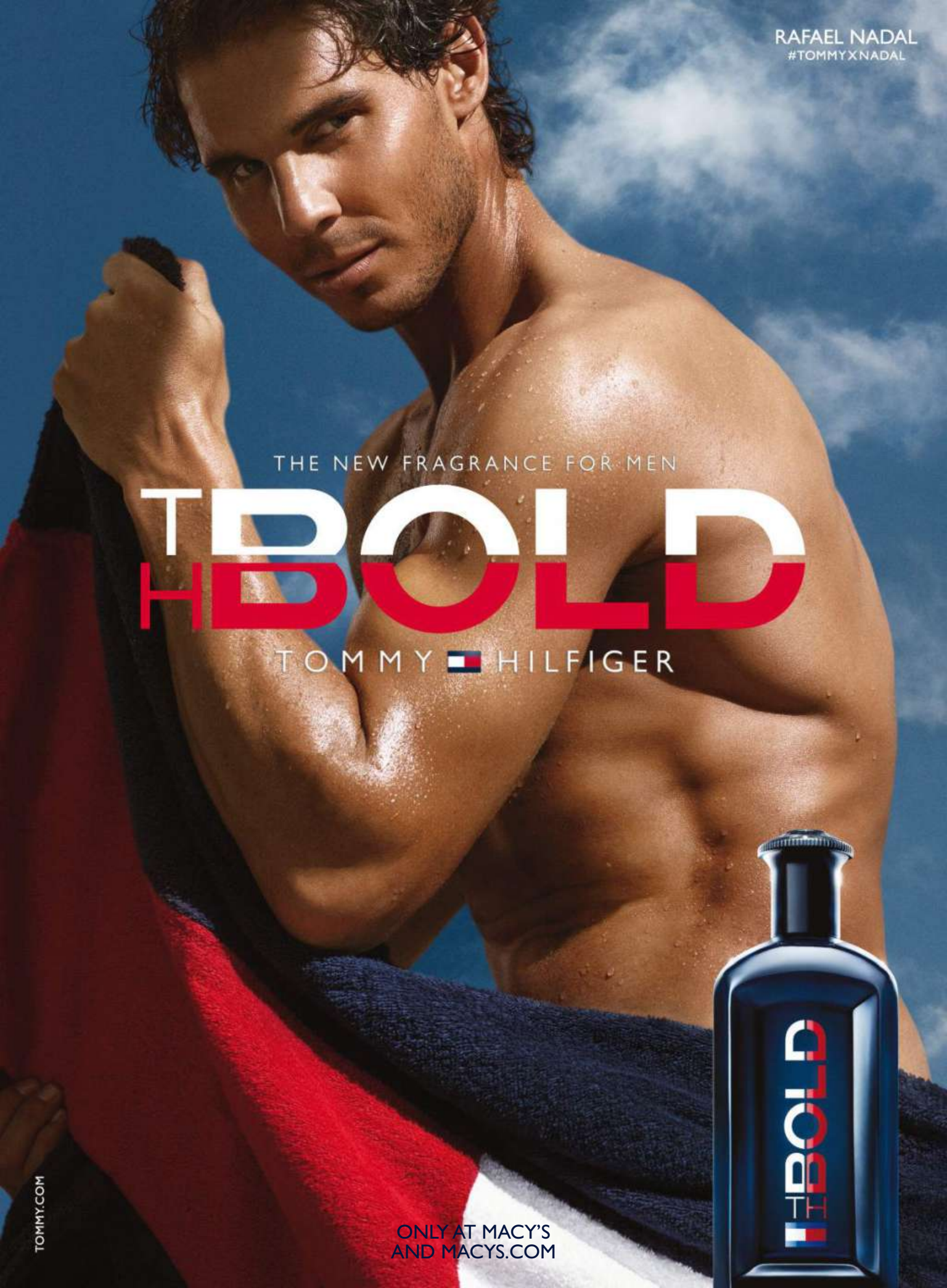
5

EXTRA POUNDS LOST IN A YEAR BY MEN WHO STEPPED ON A SCALE DAILY, VS. THOSE WHO NEVER WEIGHED THEMSELVES

Source: *Journal of Obesity*

MARK NERYS (illustration); Esolla/Shutterstock (scale)

EDITED BY MELISSA ROMERO


RAFAEL NADAL
#TOMMYXNADAL
THE NEW FRAGRANCE FOR MEN
THBOLD
TOMMY HILFIGER
THBOLD
TOMMY.COM
ONLY AT MACY'S
AND MACYS.COM

Half-Marathon Training Guide

Your Better Half

Distance race coming up? **Heavy lifting twice a week can improve your VO_2 max.** Runners in an Italian study saw a 6 percent VO_2 max boost using this tactic. That strength, plus better mechanics, can enhance your running economy and cut injury risk, says P.J. Newton, founder of Strategic Athlete. Enroll in a functional-training program, like CrossFit Endurance or *Men's Health* Thrive. Then use the tips below for your half marathon.

BEFORE THE RACE

14 DAYS

Do a Dry Run
Start at race time and eat and drink as planned. You don't have to do the full 13.1 miles, says Newton.

7 DAYS

Prehydrate
Give your innards a thorough soaking—down ½ ounce of water per pound of your body weight every day.

2 HOURS

Carb-Load Wisely
Eat ½ gram of carbs per pound of body weight. In a University of Minnesota study, this helped novices finish faster.

DURING THE RACE

1-4 MILES

Tail a Woman
Women pace better, research shows. Chase a gal going at your goal speed to avoid bonking later, says Newton.

3+ MILES

Sip Smarter
Old rule: If you wait until you're thirsty to drink, then it's too late. New rule: Drinking just when you're thirsty is fine.

9 MILES

Finish Strong
Exhaustion starts in your head. Set a small goal, such as passing one person in front of you; then set another.



To win the medal, hoist more metal.

175

STEPS-PER-MINUTE PACE THAT YIELDS THE BEST RUNNING ECONOMY IN ELITE RUNNERS

Source: *European Journal of Sport Science*

WHAT WINNERS KNOW



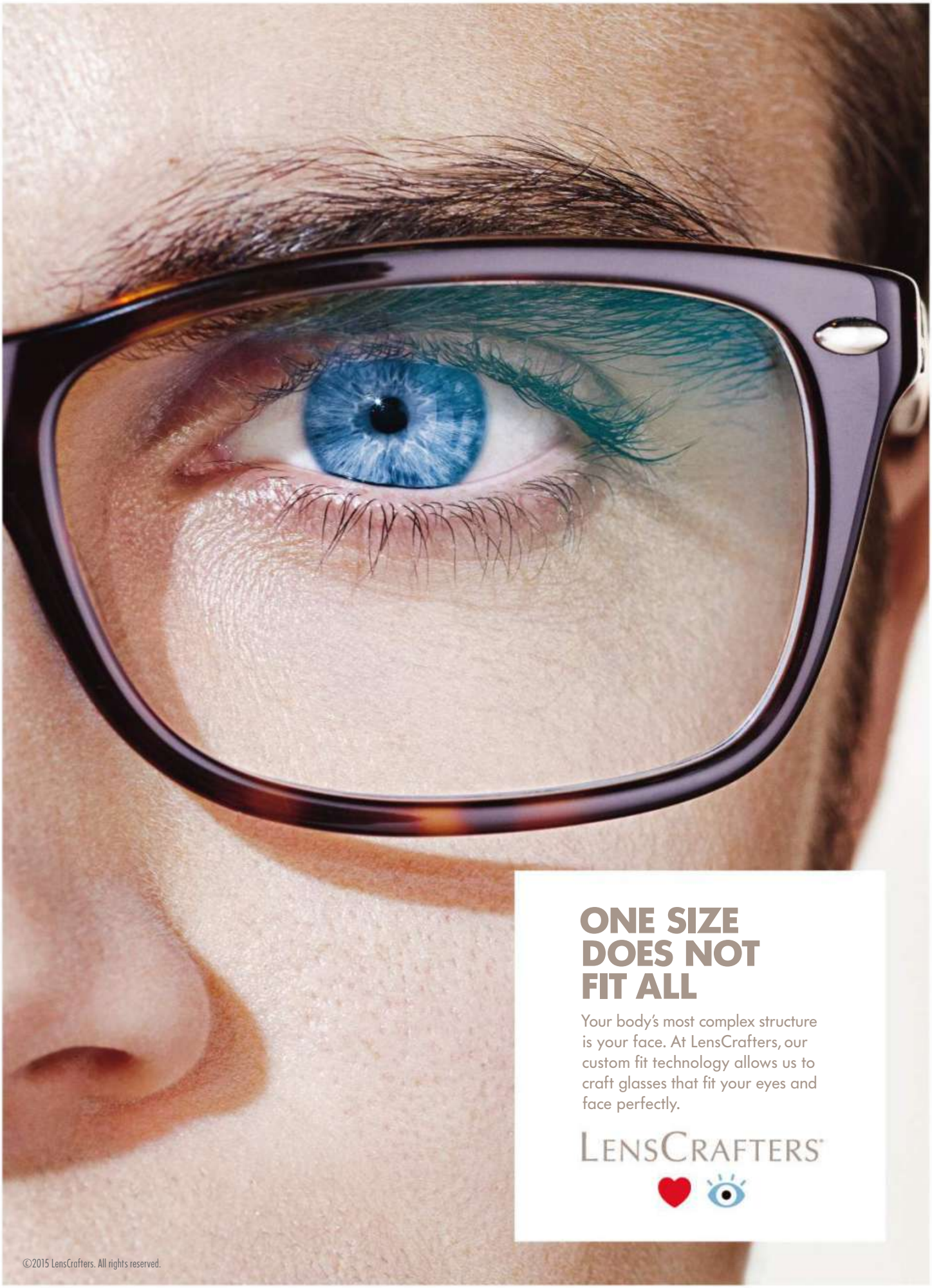
TUNE UP YOUR PACE

Listen to music during the race. You'll tend to match your cadence to the beat, say Belgian scientists. (Try the Spotify app's running mode, which matches music to your preferred pace.) Music also releases natural pain blockers and lowers perceived effort.

Illustration by MARK NERYS

EDITED BY MICHAEL EASTER


MANY
MOUSTACHES
ONLY
ONE PINOT
During November, Mark West will support men's health education, awareness and research.
MARKWESTWINES.COM/MOUSTACHES
TOTALLY DEVOTED TO PINOT.
MARK WEST
Pinot Noir
APPELLATION CALIFORNIA
PLEASE ENJOY OUR WINES RESPONSIBLY. © 2015 Mark West Winery, Acampo, CA



©2015 LensCrafters. All rights reserved.

Which Online Reviewers Deserve Five Stars?

Uncommon Knowledge

THE INSIDER'S GUIDE TO EVERYTHING

Most of us consult online review sites before we pull the trigger on a purchase. But do we use the information wisely? To help you decipher the data deluge, we gathered user ratings for three movies, hotels, restaurants, and albums. Then we asked Michael L. Anderson, Ph.D., an associate professor of resource economics at UC Berkeley, to make sense of it all. –ELISE CRAIG AND LEAH POLAKOFF

WHAT THE EXPERT SAYS

Beware of "Average"

When people take the time to review something, it's often because they feel strongly about it, says Anderson. So look closer at a flick that averages out as a 50 percenter: It may actually be polarizing, not middling. If you have a critical mindset, use Rotten Tomatoes, which caters to film buffs. Easier to please? Fandango's for you, since it prompts everyone who bought tickets through its online service to weigh in.

Give B Stars Their Due

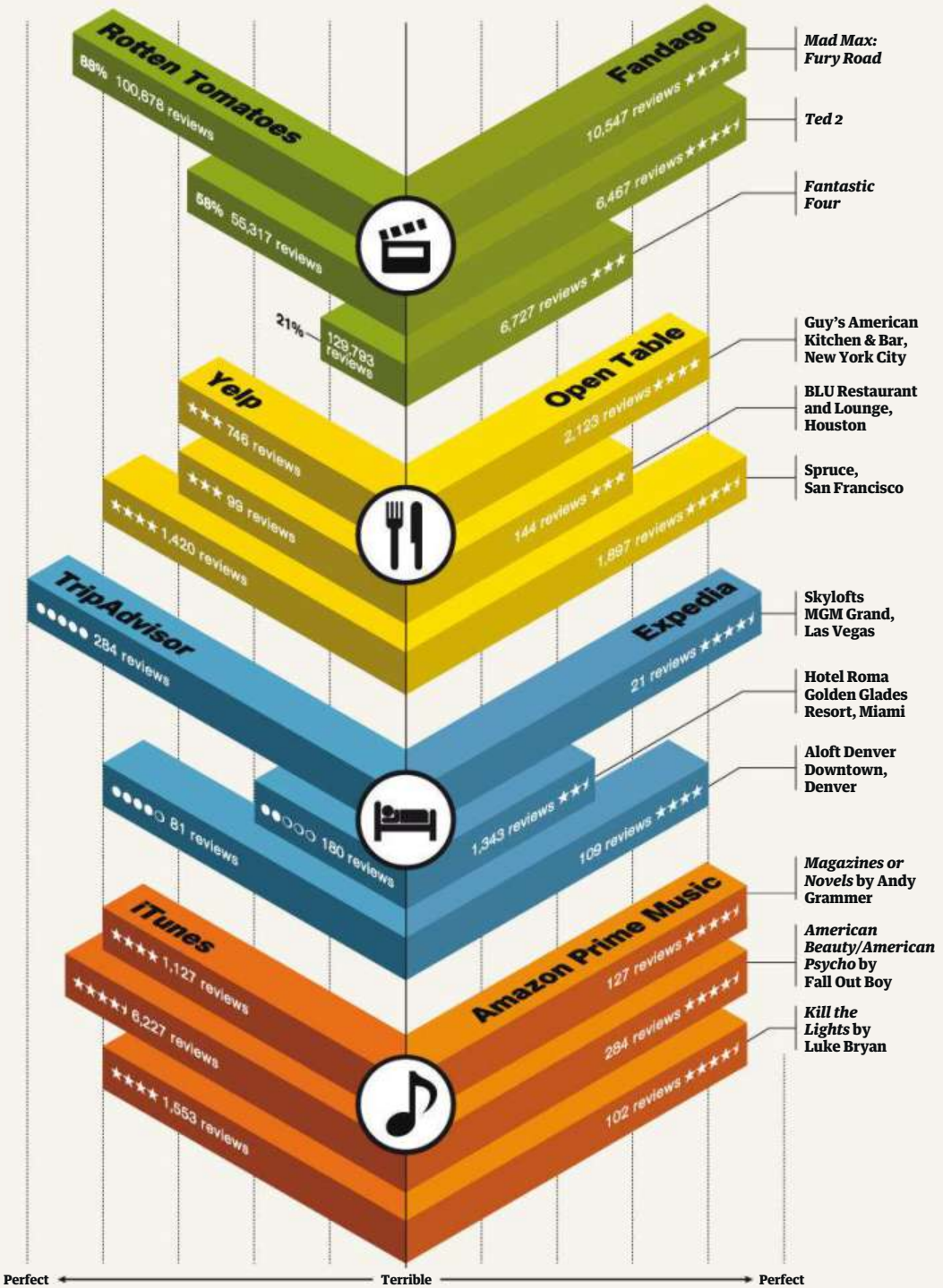
Lesser stars can still shine, says Anderson. Yelp eatery ratings are rounded to the nearest half star, so a 4.24 average earns 4 stars, for example, while a 4.26 average becomes 4½. (A half star can make a big difference in a restaurant's business, he notes.) By contrast, OpenTable asks for rankings of food, service, and ambience, and combines them to produce a more nuanced review.

Read Between the Sheets

Any score built on a few reviews can be unreliable, Anderson says. For hotels, 40 is a good baseline. Raters on bargain-hunting sites such as Expedia tend to be more positive. For example, an Expedia reviewer found Miami's Hotel Roma Resort clean and pleasant, while a TripAdvisor guest deemed it a "horrendous place." Look for reviews with a thumbs-up tag—that means others find them helpful.

Consider the Sources

Many sites, including iTunes and Amazon Prime, require you to log in to review. Prime offers tons of albums through subscription, but iTunes lets users rate only what they buy directly. That may help those spenders think more critically, Anderson says. And having thousands more reviews per album lends iTunes credibility. Which means Andy Grammer may not really deserve that score of 94. Whew!



Infographic by ARNO GHELFI

EDITED BY BEN PAYNTER

Uncommon Knowledge

Breakfast burritos can taste like powdered eggs in a toilet paper roll. So try this @MHFastFoodie version, with 48 grams of protein. Brown a fistful of chorizo in a skillet. Then simmer a handful of leftover roasted potatoes in the fat. Scramble two eggs. Line up fillings in this order: potatoes, meat, eggs, cheese, cilantro, salsa.

THAT'S A WRAP!

WEEKNIGHT PROJECT

Roll the Ultimate Burrito

The apparent simplicity of this tortilla-based delight has also been its downfall, says Jesse Perez, culinary director of Oxido in New York City. Yes, it's genius to toss a ton of tasty ingredients into one big, edible wrapper. But unless you pay careful attention to the architecture of your burrito, your Tex-Mex masterpiece may morph into a drippy log with uneven flavor. Stop the sadness and recover your kitchen cred by following Perez's three principles for DIY deliciousness. —PAUL KITA



1

Gather the Fillings

You don't want your burrito to be too stuffed to seal, so set out these amounts before you begin: ½ cup each of rice, beans, and meat; plus 2 Tbsp each of your favorite cheese or other add-ins (up to six total). Now heat the tortilla on medium on a lightly oiled griddle or in a cast-iron skillet until pliable, about 10 seconds per side. This will make it less likely to crack when you fill it.



2

Balance the Build

Piling fillings in a tower may look fine on Instagram, but it'll taste lousy in your mouth: Rolled up, the fillings will be unevenly distributed, resulting in the dreaded All-Bean Bite. Work from the bottom up to make horizontal lines of ingredients that fall within 2 inches of the perimeter. Lay them out in this order: rice, beans, meat, lettuce, cheese, salsa, corn, sour cream, and/or guacamole.

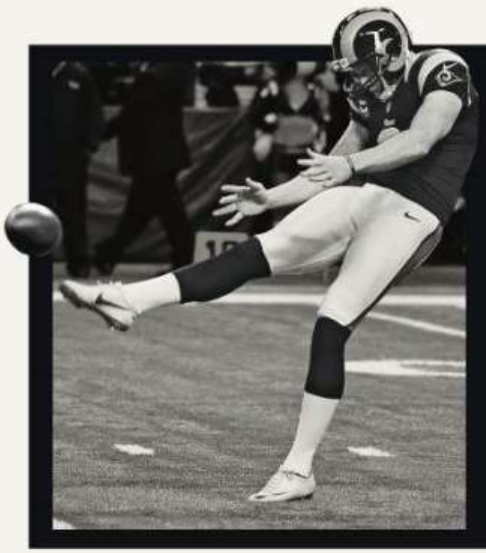


3

Pack It Up

Fold the tortilla's top edge down over the fillings; then bring the bottom edge up and over the top. Holding everything secure, fold the left edge over the seam and tuck it into your far line of sour cream or guacamole to help glue everything together. Then fold the right edge over so it looks like a brick, not a torpedo. And it won't explode on you like a torpedo either.





Jason Vinlove/USA Today Sports (football player)

BODY BENCHMARK

Do You Have What It Takes to Be an NFL Punter?

Some pro punts stay aloft so long they could deliver packages for Amazon. Take the launches of league leader Johnny Hekker of the St. Louis Rams: He averages roughly 4.6 seconds of hang time and 50 yards per kick, putting more than 20 percent of his attempts inside the 20-yard line. Hekker's the best punter, but the stats below are from the league's 10 worst. Match those and your Sunday may end up a bit busier—with more cheerleaders. Just make sure to nail the form: Hold the ball out at shoulder height with your dominant hand. Then take two steps forward and kick with your leg straight for the most power, says Hekker. The top of your foot should contact the underside of the ball at about knee height. Try lower for a line drive or higher for more loft. —MICHELLE MALIA

4.38
Seconds of air time per punt

45.1
Total yards per kick

9.3
Percentage of punts inside the 20

STATS FROM PRO FOOTBALL FOCUS. BASED ON OPEN-FIELD ATTEMPTS, MADE INSIDE THE KICKING TEAM'S 40.

ILLUSTRATIONS BY CHRISTIAN DELLAVEDOVA



TISSOT T-TOUCH EXPERT SOLAR. TACTILE WATCH POWERED BY SOLAR ENERGY, OFFERING 20 FUNCTIONS INCLUDING WEATHER FORECAST, ALTIMETER AND COMPASS. **INNOVATORS BY TRADITION.**

TISSOTSHOP.COM

TISSOT BOUTIQUES
666 5TH AVENUE . NEW YORK
45 WALL STREET . NEW YORK

TISSOT

LEGENDARY SWISS WATCHES SINCE 1853

Uncommon Knowledge

HOW LONG IT ACTUALLY TAKES TO PASS A DUDE*	DIFFERENCE IN SPEED	5 MPH	10 MPH	15 MPH	20 MPH
	SECONDS TO PASS	13.3	6.7	4.4	3.3

*Given 100 feet of passing distance. Watch out for cops—and crashes!

QUICK CLICK



"You're not being a wimp for taking it hard. Being romantically rejected is similar to trying to kick a cocaine habit."

—*MH* DEPUTY EDITOR ERIC SPITZNAGEL ON THE SCIENCE OF REJECTION. READ MORE AT MENSHEALTH.COM/SINGLEAGAIN.

MONTHLY METRICS



Workers Worry

39% of men working full-time toiled weekends last year. To feel richer, cut it out: Folks who plan vacations are more satisfied with their finances than those who don't.



Stoves Spark

49% of house fires are cooking-related, and Thanksgiving is a top torcher. For small grease fires, turn off the burner and use a pot lid to smother flames.



Habits Help

32% of men say it ain't easy being green. Start small on America Recycles Day (11/15). Use a cloth grocery bag, and then wash it. They collect crud!



Soldiers Survive

84% of post-9/11 veterans believe others can't empathize with them. Have their backs on Veterans Day (11/11); help stop soldier suicide. Visit 22needsaface.org.

Sources: Bureau of Labor Statistics, GfK Public Affairs, FEMA, National Fire Protection Assn., Tiller LLC, Pew Research Center



GUY MATH

What's the Best Speed for Passing a Slowpoke?

BY **MARK ROBER,** A FORMER NASA ENGINEER WHO HOSTS A SCIENCE AND CREATIVITY CHANNEL ON YOUTUBE

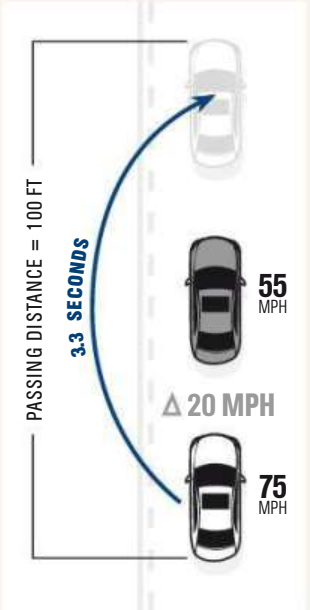
Consider this your Don't Die edition of driver's ed. You're trapped behind someone puttering along a two-lane road. Now, in order to pass, you'll have to speed up and swing into the oncoming lane.

To help you do that safely, we revved up the equation to your right. The answer will tell you how much time you need to motor past that rolling roadblock, based on the asphalt you have to cover and the speed you reach when you floor it and make your move.

For your passing distance, use a span of roughly 100 feet—about three car lengths. The buffer will prevent you from being rear-ended into heaven as you pull around. And for acceleration, shoot for about 20 miles per hour faster than the lane clogger's speed. This way you'll be on the wrong side of the road for only about 3.3 seconds.

Any faster and you're not really passing the guy—you're trying out for Nascar. Any slower? You might as well strap on a crash test helmet: If you go only 10 miles per hour faster than the other guy, you'll be spending twice the time tempting fate in the oncoming lane.

By now you're probably wondering whether you'll actually be able to juggle these numbers while driving. Maybe not. That's why we made the chart above. Just don't read it behind the wheel. If you think your trip is taking too long now, a fatal crash will make it feel like an eternity.



$$\text{SECONDS TO PASS} = \frac{\text{PASSING DISTANCE (FT)}}{1.5 \times \text{DIFFERENCE IN SPEED (MPH)}}$$

From top left: iStockphoto (2), Relaximages/Alamy, iStockphoto (2)


BE THE EVOLUTION
KENNETH COLE
MANKIND
KENNETH COLE
MAKE SCENTS OF THE WORLD AT MANKINDFRAGRANCE.COM
AVAILABLE AT DILLARD'S & BON-TON

OH-F@CK FIXES

Survive Damn Near Anything

MACGYVER MOVES



Sometimes life can be a real kick in the balls. Speaking of which, if you ever *are* kicked in the balls, do you know how to build a testicle cradle so you can provide them with some relief?

It's simple: Just roll up a T-shirt and put it under your nads with the ends of the roll resting on each thigh. Then dump ice on your crotch to reduce the swelling and numb your nuts. (Note: If you have bloody urine, you'd better bring your sad sack to the ER.)

That's just one tip among the hundreds of useful life hacks in *The Big Book of Uncommon Knowledge*, which sprang from the loins of this very section in *Men's Health*. Read on to learn how to escape more pants-staining situations. Then purchase your copy at MensHealth.com/UncommonKnowledgeBook or wherever witty life-changing books are sold.



YOU FELL OUT OF A RAFT IN WHITEWATER RAPIDS

YOUR FIX Don't panic. Float on your back facing downstream with your toes above water. Backstroke away from rocks or downed trees that can trap you. Aim toward the shore.

OH-F@CK MOMENT	YOU UPSET A HIVE OF BEES. NOW THEY'RE AFTER YOU	YOU'RE STUCK OUTSIDE IN A BIG LIGHTNING STORM	YOU'RE HOME ALONE AND CHOKING ON A HOT DOG	YOU HAVE A BEER BUT NO BOTTLE OPENER	YOU BOTCHED YOUR BENCH PRESS AND ARE PINNED	YOU JUST BLEW IT BIG-TIME AT THE OFFICE	YOU LOST THE SCREW FOR YOUR EYEGLASSES
YOUR FIX	Don't swat at them or run in a zigzag pattern. Just pull your shirt over your head and dash in a straight line as fast as you can—into the wind, if possible, to slow them down. Most likely, they'll give up the chase before you reach shelter. If you've been stung 15-plus times or feel sick, get to an ER.	Put your feet together so they touch; then squat down, wrap your arms around your legs, and perch on the balls of your feet. If a bolt hits the ground, the current may bump over the balls of your feet and reenter the ground without traveling up one leg, into your body, and down the other leg.	Give *yourself* the Heimlich. Clench a fist and place the thumb side below your rib cage and above your navel. Grasp your fist with your other hand and thrust in and up sharply. Not working? Lean forward over the back of a chair and press your upper abs hard into it, forcing up air to shoot the chunk out.	Grab the neck of the bottle with your left hand. Rest the shaft of a long key just under the bottle cap (jagged edge away from the bottle). The tip of the key should lie across the bottom half of your left index finger. Keeping your grip tight, use the key to lever the cap off in one quick motion.	Lower the barbell to your chest with upward pressure so you aren't crushed. Keep that force as you roll the weight down your body and over your hips. Then sit up and call for help. Next time, use a power rack with the safety level set to catch the bar if you start to sink or draw in your chest.	Don't make excuses. Man up and take responsibility. With eye contact and an even tone, apologize: "I totally dropped the ball here; I'm sorry." Then explain your plan to ensure it won't happen again. Your brevity displays respect and sincerity. Hopefully, that'll be enough.	Cut a piece of fishing line, tie a knot in one end, and slip the line through the temple and screw hole. Tie another knot; then melt both knots with a match to form a rivet. Now settle back into our book to improve your life by another 1,000,000 (or more!) percent.

Icons by MICHAEL BRANDON MYERS

FIND IT IN THE MEAT CASE



It's not "packed with protein". It's protein. In a pack.

P3 Portable Protein Packs.
A great source of protein,
with no artificial preservatives.*



© 2015 Kraft Foods

*Excluding the dipping sauces in P3 Grilled Snackers products.



GUY WISDOM

Jimmy the Bartender

Straight-up advice on women, work, and other stuff that screws up men's lives.

I'm in a serious rut at work. How can I climb out of it?
LUKE, PROVIDENCE, RI

You're saying this to a guy who has tended bar for five decades? Slap yourself awake, Luke! You're in a rut because you dug one for yourself. Drop the shovel and start building instead. Find a glitch that needs fixing—whether it's your responsibility or not—and recruit a team to take it on. (Gather them after work—in a bar, maybe.) Solve the problem and give your boss credit. He'll be a reference when you quit to find a better job.

My pal and I scored the same girl's number at the same bar but didn't realize it until later. Who gets to go for her?
LENNY, BOSTON, MA

Cripes. This woman is giving her number out to every Tom, Dick, and Lenny and you still think she's worth sparring over? Does her dad own the Red Sox or something? Bow out of this contest right now. A bar is where you take your current girlfriend, not where you'll meet your next one.

What will you tell your future kids? Mommy wore beer goggles and didn't know better? Flirt at the office. There should be fewer drunks.

My wife wants more family dinners, but the kids and I are busy—and we do hang out on weekends. Do we have to?
JIM, HARTFORD, CT

Listen to the wife here, Jim. Parenting isn't just a weekend job. If you ask me, families connect at the dinner table, so break bread together a couple of times on weekdays. Ask the crew how school's going. Nudge everyone to throw you questions too. Kids are always on their phones these days—make sure they know how to have a conversation face-to-face. It'll come in handy when they have their first job interview. After the meal, clean up together. This is how you build a foundation as a family. When you're an ancient old fart, that's the reason they'll be bringing the grandkids and great-grandkids around to visit: Because being part of your clan actually means something to them.



I tweet a lot—jokes, usually, some raunchy. Now my boss is following me. Clean 'em up?
MIKE, LOUISVILLE, KY

I don't know your boss's sense of humor, but unless you're a professional comedian, I can't see a single way this plays out in your favor. But this does give you an excuse to grow up a little. Dirty jokes are junior high territory, and you're a man now, I'm guessing. Twitter's a public place, so mind your manners. The next time you feel the need to air out some of that filthy wit, come on down to my place. It clears out around 1 a.m., so nobody will have to hear you.

My kid brother's visiting me for a weekend. He's 19 and has a fake ID. Is it crossing the line to take him out drinking?
JOHN, SACRAMENTO, CA

Why do you want to take him out boozing? So you can be the cool older brother? If you sneak him into my place, you'll be breaking the law, and so will I. So be slightly less cool. Pick up a 12-pack, take it out to the porch, crack a couple open, and chill with your bro. You want to make sure he's not a pie-eyed knucklehead like half the frat boys I boot from my bar. And by the time he proves he can handle himself—well, he'll be 21.

A guy we work with is probably gay, but he hasn't exactly shared the news. How do we let him know that if he wants to come out, we're cool with it?
KYLE, TULSA, OK

Some guys I've worked alongside for years haven't told me one detail of their life. Others I can't shut up. Your pal may be on the private side. But let me ask: What passes as humor around your shop? A lot of the jokey business among guys is about keeping everybody on the straight and narrow. The guys with the biggest traps usually blab the most hogwash. If your pal doesn't feel safe sharing his life details, that might be why. The next time some loudmouth spouts some ignorant crap, call him out—and bonus points if you can turn him into a punch line while you do it.

Will he hump your leg or rip off your face?



WHAT'S YOUR PLAY?

A MAD DOG EYES YOUR JUGULAR

You're ambling along minding your own business when suddenly, out of nowhere, a crazed canine comes rushing toward you. And Satan isn't exactly explaining why he's pissed. Do you run for your life? Stop to reason with him?

First off, don't bolt unless you're Usain Bolt. A medium-size breed can clock about 18 to 22 miles an hour—that's on a par with Bolt's fastest average speed. Plus, the dog may see you as prey if you run, says Ken Licklider, the owner of Vohne Liche Kennels and host of *Alpha Dogs* on Nat Geo Wild. That's a fast way to end up as a human chew toy.

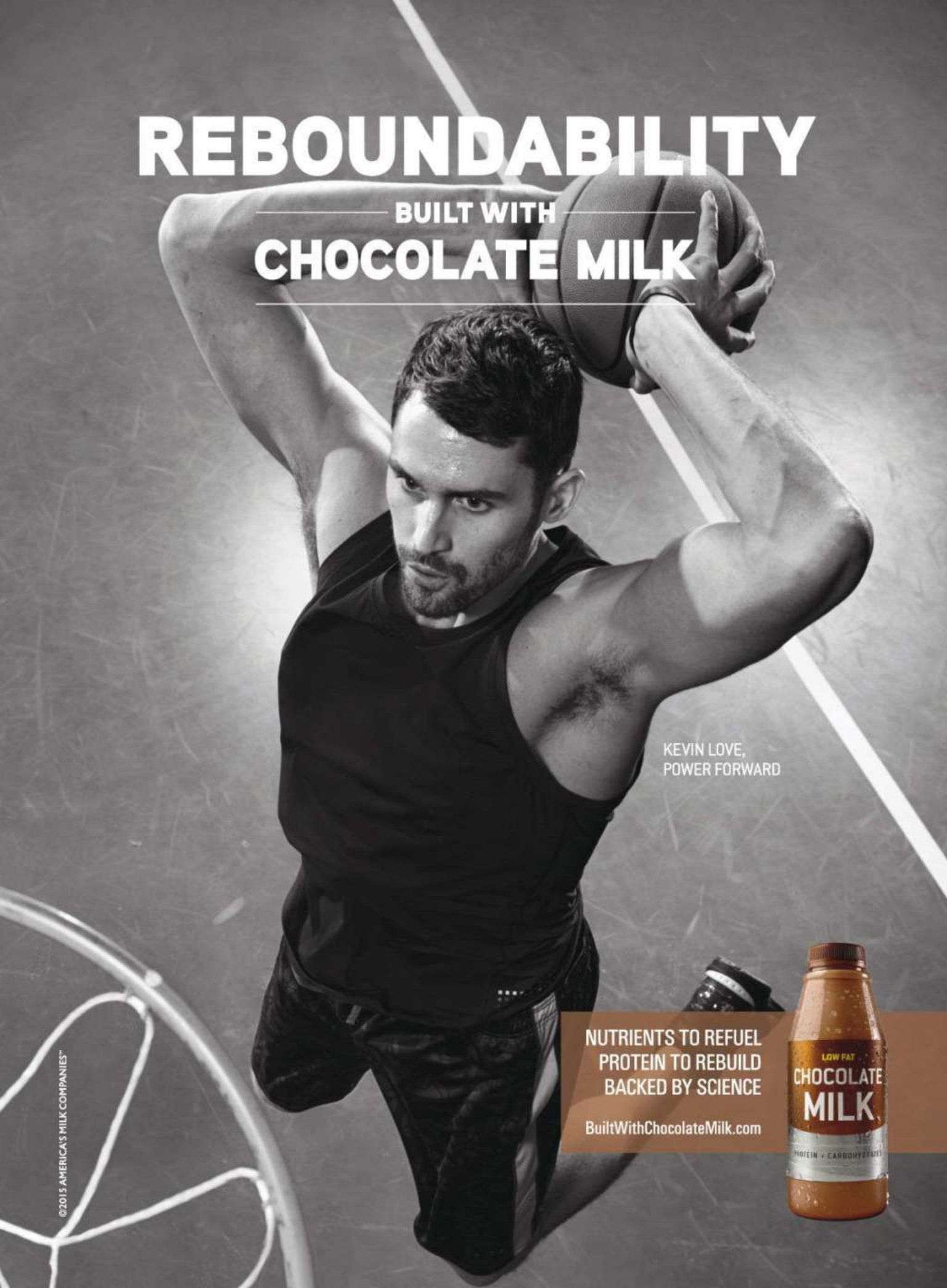
The better tactic: Don't move at all. Take a split second to figure out why Fido is freaking. Barking, snarling, and raised hackles along the spine are defensive postures, Licklider says. Just back away slowly. He might not follow.

If the beast continues barreling toward you, he's in attack mode. Cross your arms over your chest so you appear less threatening, Licklider says. Then stay quiet. If he calms down, you can back up in a slow retreat.

Did fangs meet flesh? Don't struggle. "If you don't move, most dogs—90 percent or so—will let go," Licklider says.

If you're unlucky enough to meet one of those 10 percenters, it's time to act: Bear-hug the dog to show him who's boss. Once he chills out, you can go get those rabies shots. —LEAH POLAKOFF

Jim Winters (Jimmy); Lise Gagne/iStock (dog)


REBOUNDABILITY
BUILT WITH
CHOCOLATE MILK
KEVIN LOVE,
POWER FORWARD
NUTRIENTS TO REFUEL
PROTEIN TO REBUILD
BACKED BY SCIENCE
BuiltWithChocolateMilk.com
LOW FAT
CHOCOLATE
MILK
©2015 AMERICA'S MILK COMPANIES™

Saving People Money Since 1936

... that's before the modern treadmill.

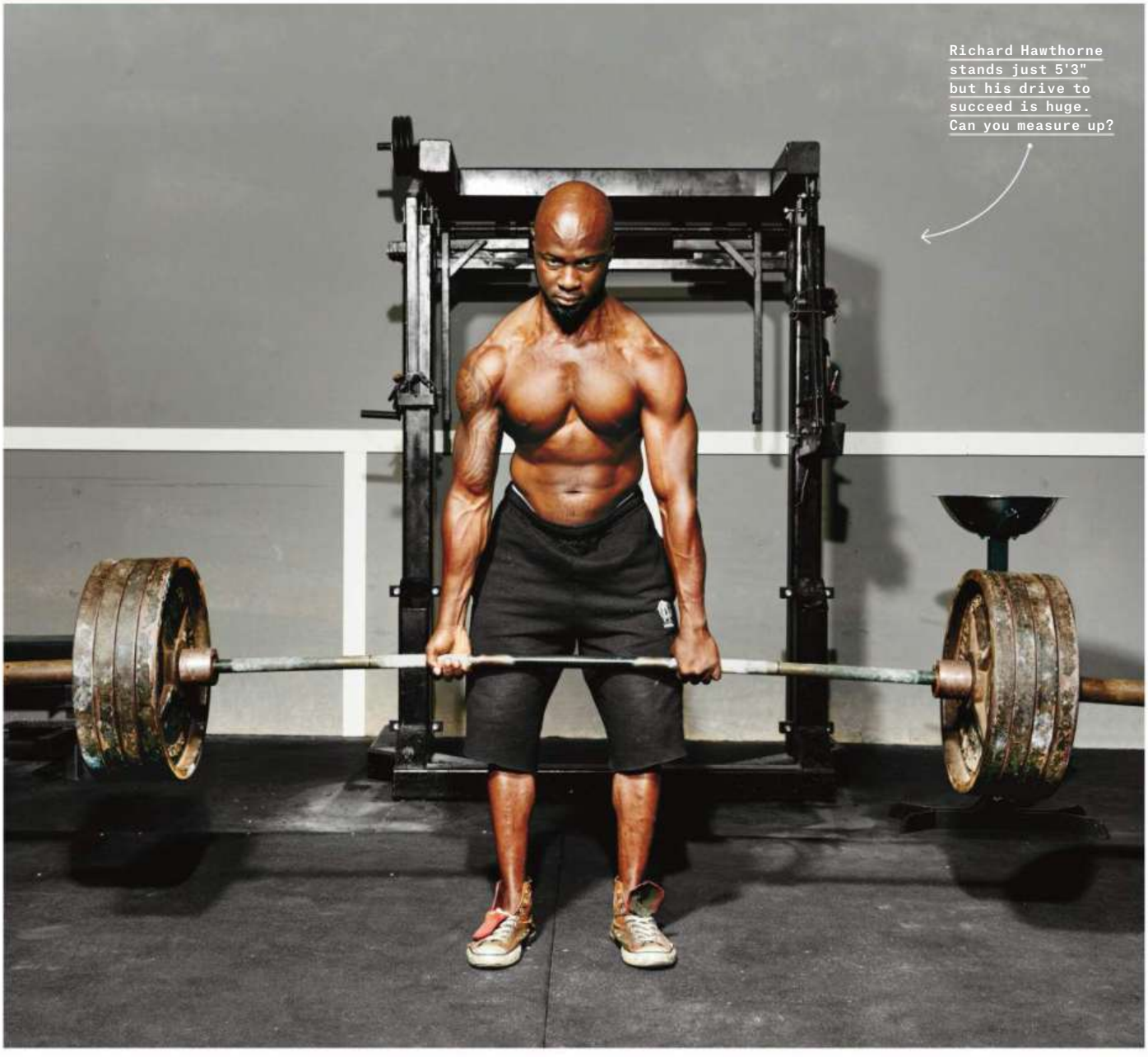
GEICO has been serving up great car insurance and fantastic customer service for more than 75 years. Get a quote and see how much you could save today.

geico.com | 1-800-947-AUTO | local office

GEICO®



Some discounts, coverages, payment plans and features are not available in all states or all GEICO companies. GEICO is a registered service mark of Government Employees Insurance Company, Washington, D.C. 20076; a Berkshire Hathaway Inc. subsidiary. © 2015 GEICO



World's Strongest Man

Unlock Your Power Potential

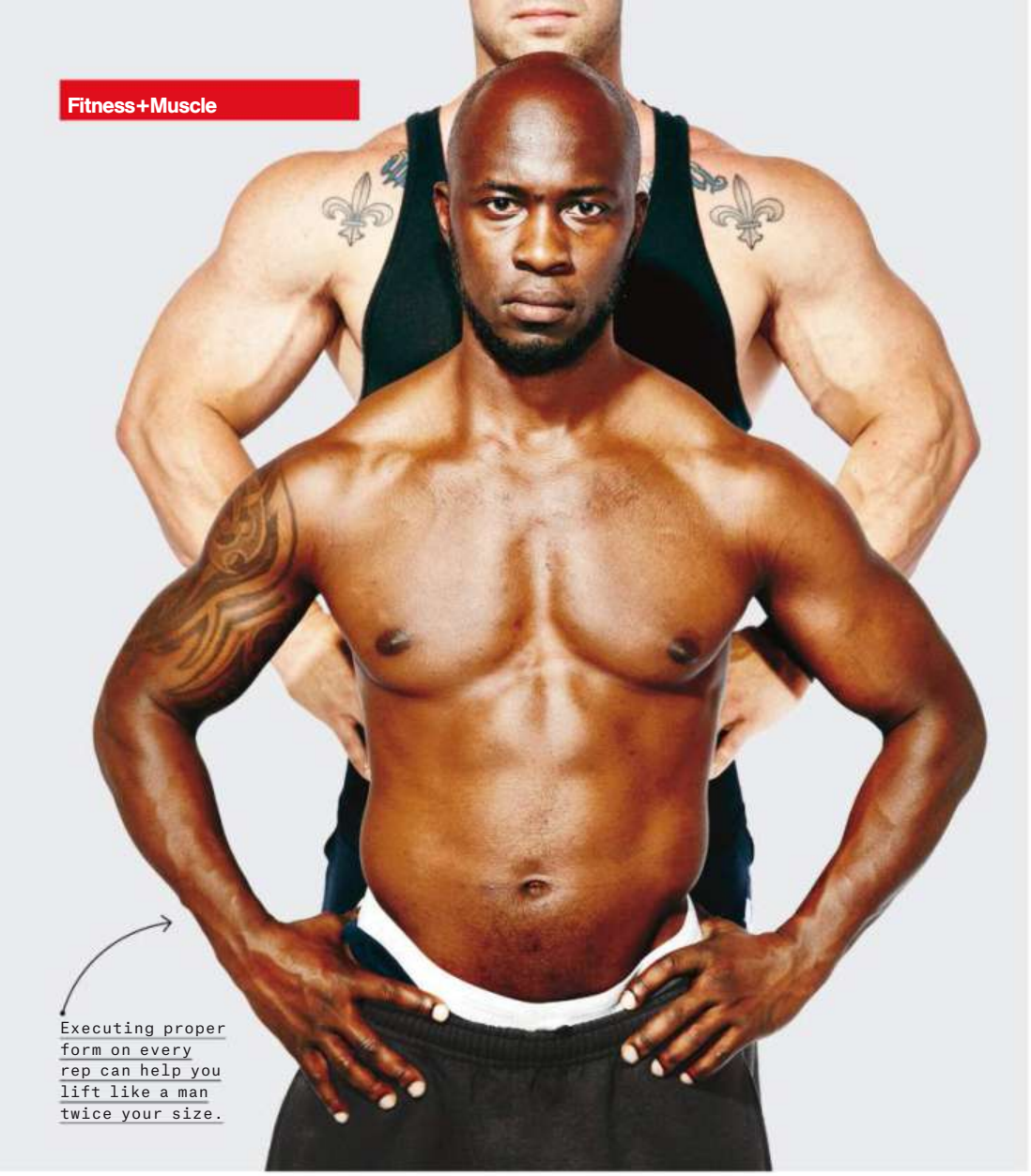
Move more iron and bust through your sleeves with training secrets from a guy who lifts five times his body weight. BY ANDREW HEFFERNAN, C.S.C.S.

RICHARD HAWTHORNE CHALKS UP AND STEPS UNDER THE BAR, pressing his shoulders into the textured steel. There's no forceful breathing. No grunting. No tough-guy histrionics at all. Hell, there's barely a sound as he readies himself for his heaviest lift of the day in his hometown gym in D'Iberville, Mississippi.

"Let's go," murmurs Winston Ceasear, a Mack truck of a man who's swapping sets with Hawthorne. "Easy weight."

The load on the bar is 365 pounds—an impressive but not unattainable weight for a seasoned lifter. But when you consider that Hawthorne, at just over 5'3" and 132 pounds, intends

PHOTOGRAPHS BY DAYMON GARDNER



Executing proper form on every rep can help you lift like a man twice your size.

to squat the equivalent of nearly three times his body weight, the picture shifts a little. Then you learn that the mass of iron is mere warmup weight for Hawthorne: He lifted a combined 1,471 pounds (11 times his body weight) in the squat, bench press, and deadlift at the 2013 CAPO Nationals in Tasmania. Now the picture shifts entirely: This diminutive strongman becomes a giant. In powerlifting circles, they call him the Ant.

Relative strength—how strong you are for your height and weight—is a valued commodity among athletes. Ballers use it to fly over the rim; sprinters use it to blast off the blocks. The rest of us need it to run fast, jump high, and crank out pushups. "It's the most important kind of strength you can have," says Mike Robertson, a former Team USA Powerlifting coach and co-owner of IFAST, a gym in Indianapolis. Here's how to build yours.

Focus on Core Values

For Hawthorne, this is rule number one, and to make his point, he nods to a nearby lifter setting up for a squat with his back arched and chest up. "That's how most guys do it," he says. "See how his abdomen stretches out? Your core is weak in that position." The immediate result is reduced power and performance, says Hawthorne, because your core is responsible for transferring force throughout your body and stabilizing all movement. But repeated over months or years, the cumulative stress can land you in an orthopedist's office.

The solution: "Before every lift, brace your abs as if you're about to be gut-punched. That'll help you keep your ribs down," Hawthorne says. It will also lock down your core and flatten your back, enhancing total-body power and stability and maximizing support for your spine. "In short, there's no reason not to do it," says Hawthorne.

To learn proper positioning, he recommends the hollow hold. Lie on your back with your knees pulled to your chest and arms by your sides. Press your lower back into the floor and lift your head and shoulders. Extend your arms over your head and straighten your legs, keeping your limbs off the ground. Hold as long as you can. Do this a couple of times a week, working your way up to a minute.

"It's harder than it sounds," says Hawthorne. Master it and you'll build some serious core strength. You'll also increase the activation of your biggest muscles—your quads, hamstrings, and glutes—by pushing them to work at their full capacity. "And *that* is relative strength," says Robertson.



INSIDER TRAINING

By David Jack

How long does it take to regain lost muscle?
CRAIG, BILLINGS, MT

Science can't always yield clear-cut answers. However, strength training does increase the number of nuclei in your muscle cells. Those nuclei do everything from synthesizing proteins to "remembering" movement patterns. Once you have those nuclei, you never lose them. If you stop training, they lie dormant, waiting to be activated. Start training again and you'll muscle up faster than you did the first time. In a month or two, you'll be a new you.

I want to outbench my buddy. How do I start?
RODNEY, ANCHORAGE, AK

Just add more bench days to your routine. Simply bench-pressing more often—and with different rep ranges—can give your muscles a big, new stimulus, resulting in massive gains. Try this: On Monday, do 5 sets of 1 rep at 90 percent of your 1-rep max. On Tuesday, do 3 sets of 8 to 12 reps at 75 percent of your 1-rep max. On Friday, do 2 sets of 20 reps at 50 percent of your 1-rep max. Keep that up for a month.

David Jack is the owner of ActivLab in Phoenix. Follow him on Twitter: @davidjack1

Illustrations by MICHAEL BRANDON MYERS (icons), JIM WINTERS (Jack)


VERSACEPARFUMS.COM
VERSACE
EROS
VERSACE
EROS
THE NEW FRAGRANCE FOR MEN



"SOME GUYS SAY, 'IF THE WEIGHT GOES UP, IT'S A GOOD LIFT.' I DON'T BELIEVE IN THAT. YOU SHOULD PRACTICE PERFECT TECHNIQUE."

Pay Attention to Pain

For a guy who regularly hoists loads that could crush other men, Hawthorne is surprisingly averse to risk. He gave up on hoops (too jarring). He doesn't run (same reason). He passes on arm-wrestling challenges from *Men's Health* writers (not worth the trouble).

"The last thing I want is to pull a muscle doing something stupid," he says. He's equally careful in the gym. "Each rep, I pay attention to what I feel and make adjustments."

Tempo, smoothness, and discomfort factor into his evaluation. If something feels off, the set is over. "You may think you're tough by ignoring pain, but you're making things worse," Hawthorne says.

A better approach? "Do moves that work the same muscles without the hurt," says trainer and elite powerlifter Greg Nuckols. If deadlifting makes you wince, do 2 to 4 sets of high-rep (lightweight) leg curls instead. Lower back hurting you? Trade squats for stepups with a pair of light dumbbells.

"Doing light work on the injured area can maintain muscle mass for months," says Nuckols.

Perform Flawlessly

Conventional gym wisdom holds that if you specialize too narrowly in one activity (e.g., weightlifting), your abilities in others (cycling, running, soccer, basketball) wane—hence the lifter who gets winded running a mile and the marathoner who can't do a pushup or squat more than a bare barbell.

But Hawthorne, who can dunk a basketball and move with the grace of a boxer, is living proof that exceptional strength and explosive athleticism can coexist. The secret, he says, is to always maintain perfect lifting mechanics.

Hawthorne believes that powerlifting's Big 3—squat, deadlift, and bench press—can teach your body skills that translate far beyond the gym: pushing explosively through your feet, protecting your spine by keeping your back straight and core stiff, and recruiting the powerful muscles in your hips and thighs more effectively. And science backs him up: In a 2009 Canadian study, heavy squatting helped soccer players jump higher and run faster.

"But that only works when your form is spot-on," Hawthorne says. When you lift weights, he explains, you're doing more than just building muscle; you're teaching your body to move more effectively. "Smooth, efficient lifting leads to smooth, efficient moves on the court or field, and crappy lifting leads to crappy movement."

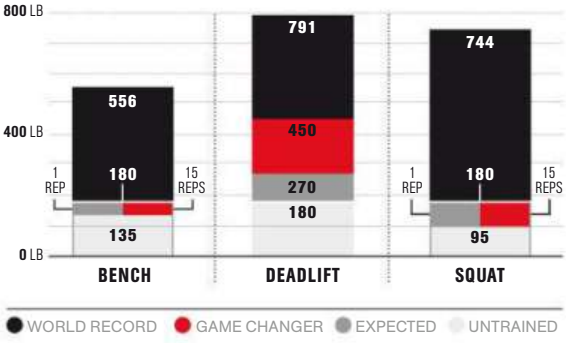
Hawthorne contends that he is able to jump high not because he practices jumping but rather because his years of immaculate squatting and deadlifting have taught him how to put more than a quarter ton of force into the ground. "Some guys say, 'If the weight goes up, it's a good lift,'" says Hawthorne. "I don't believe in that. You should practice perfect technique with every repetition, whether you're lifting 60 pounds or more than 600."

One key to executing every lift with flawless form: Do one or two warmup sets (using half the weight you'd normally use) before you begin your regular sets of the squat, deadlift, and bench press. "They do more than just prepare your muscles and connective tissues for heavy loads," Robertson says. "They improve your control and technique. Take them seriously and your regular sets will feel much smoother." ■

RAISE YOUR STANDARDS

THINK YOU'RE STRONG? SEE HOW YOU DO IN POWERLIFTING'S "BIG 3."

Being fit comes with expectations. "You should be able to bench and squat the equivalent of your body weight, and deadlift 1½ times your body weight," says trainer Dan John, the author of *Intervention*. But for game-changing strength, you need to raise your standards. That means completing 15 reps with the equivalent of your body weight in the bench and squat, and 1 rep at 2½ times your body weight in the deadlift, says John. (See the chart for an example.)



"Game Changer" and "Expected" are based on standards for a 180-pound man; "World Record" is based on the 181-pound weight class.



findyourfit







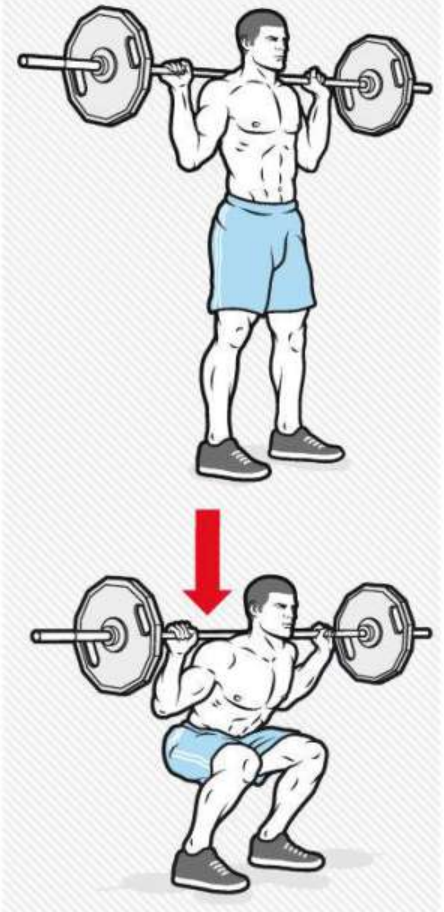
Crush your goals with **Fitbit Charge HR**™ and **Fitbit Surge**™. Packed with features like continuous wrist-based heart rate, these advanced trackers are designed to maximize your workouts. So, no matter where you move, you have what it takes to find your fit.

GPS TRACKING · CONTINUOUS HEART RATE · ALL DAY ACTIVITY · CALLER I.D. · MUSIC CONTROL · SLEEP MONITORING · SYNC WIRELESSLY

fitbit.

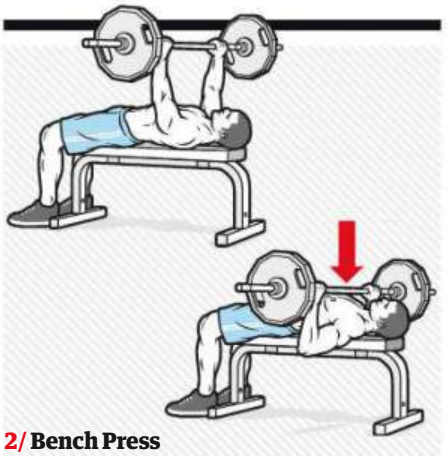
Big Lifts for Max Gains Increase your strength and pack on lean mass all over with this powerlifting-inspired workout from IFAST co-owner and former Team USA powerlifting coach Mike Robertson, C.S.C.S.

DIRECTIONS
Replace one of your workouts each week with the routine shown on this page for a month. Perform straight sets of each exercise in the order shown, using the heaviest weight that allows you to complete all your reps and sets. Your ultimate goal is to maximize your relative strength (that is, how strong you are for your height and weight).



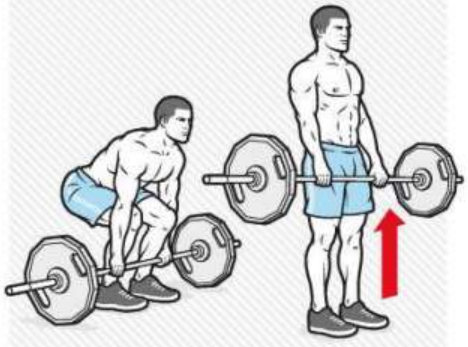
1/ Barbell Squat

Stand tall with your feet shoulder-width apart, using an overhand grip to hold a barbell across your upper back. Push your hips back and lower your body until your thighs are parallel to the floor. Return to the starting position. **Reps** 3 to 5 **Sets** 3 **Rest** 3 to 4 min.



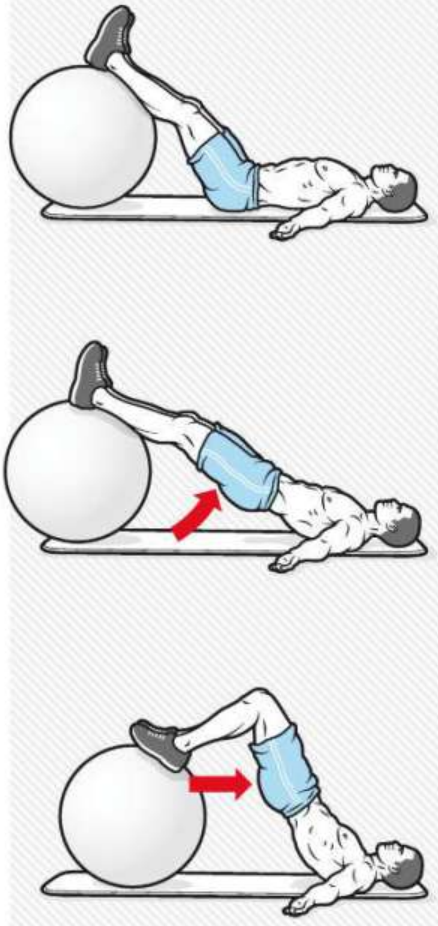
2/ Bench Press

Lie on a bench and hold a barbell above your sternum using an overhand grip that's just beyond shoulder width. Lower the bar, keeping your elbows tucked. Pause, and push it back up to the starting position. **Reps** 3 to 5 **Sets** 4 **Rest** 3 to 4 min.



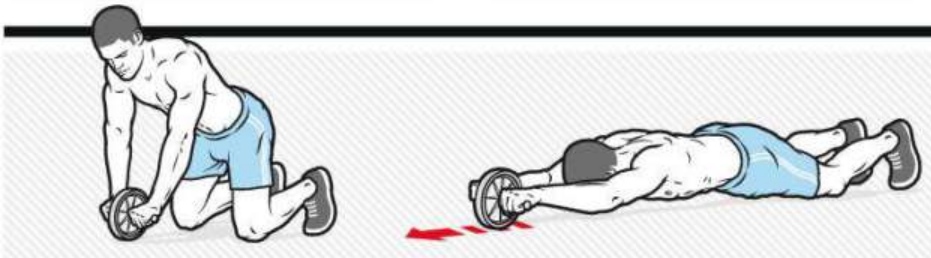
3/ Deadlift

Roll a barbell against your shins and grab it using a shoulder-width, overhand grip. Pull your torso back and up, thrusting your hips forward as you stand up with the barbell. Push your hips back to lower the bar back to the floor. **Reps** 1 **Sets** 5 **Rest** 2 to 3 min.



4/ Swiss Ball Hip Raise and Leg Curl

Lie on your back on the floor with your lower legs on a Swiss ball. Push your hips up and pull your heels toward you, rolling the ball as close to your butt as possible. Return to the starting position. **Reps** As many as you can **Sets** 3 **Rest** 90 sec.



5/ Ab Wheel Rollout

Kneel on the floor and grab the handles of an ab wheel. Roll it forward as far as you can; then use your core to pull the wheel back to the starting position. No ab wheel? Use a barbell loaded with 10-pound weights. **Reps** 8 to 10 **Sets** 3 **Rest** 60 sec.

ILLUSTRATIONS BY +ISM



SKECHERS SPORT

FEATURING **MEMORY FOAM**
COMFORT

Show Your Gym Class

Sweat in style while boosting performance.

THE GYM SHOULDN'T BE WHERE OLD tees and threadbare sweats go to retire. "What you wear affects more than just people's impression of you—it can directly influence your performance and recovery," says *Men's Health* fitness director BJ Gaddour, C.S.C.S. Follow these tips to upgrade your workout with style.

1/ Shirt

HYLETE PRO QUAD-BLEND V-NECK

A blend of four materials (cotton, spandex, and two types of rayon) optimizes wicking power and durability. Its sleek design also makes it versatile enough for casual Fridays. *$45, hylete.com*

2/ Shorts

RHONE MAKO SHORTS

With lightweight stretch fabric and lay-flat seams, these shorts will never hold you back. Rhone earns extra points for smart pocket design, including one that keeps earbud wires under control. *$68, rhoneapparel.com*

3/ Socks

SKINS ESSENTIALS COMPRESSION SOCKS

While the performance benefits of compression socks are debatable, the protection they offer is not. Long sleeves and antichafing yarn shield you from the bar in the gym and the sun during long runs. *$60, skins.net*

4/ Shoes

UNDER ARMOUR HIGHLIGHT TRAINING SHOES

A padded sole conforms to the exact shape of your foot, enhancing comfort and reducing slippage. The result: greater control and more power in every lift. *$100, underarmour.com*

5/ Gym Bag

FIT FACTORY MOBILITYPACK

CrossFit Games athlete Sean Thomson calls it the best gym bag ever made. An antimicrobial clothing compartment, external shoe storage, and foam-roller straps make his claim hard to dispute. *$159, fitfactorygear.com*



Grooming: Ryutaro/Hailey Resources

PHOTOGRAPH BY GIJS VAN DER MOST

NEW Stouffer's

FIT KITCHEN™



FEEL GOOD ABOUT WHAT TASTES GOOD.

All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland.

Introducing Stouffer's® Fit Kitchen.™ Six hearty, satisfying meals with over 25 grams of protein, perfect for a balanced lifestyle. Try one today.

Nestlé
Good Food, Good Life


SHOP NAUTICA.COM
NAUTICA



The Beauty of Perfect Timing

Geeks check the hour on their smartphones. Gentlemen consult their chronometers. What kind of G-man are you? BY DAN MICHEL

BEFORE YOU BUY A NICE WATCH, CONSIDER ALL THE ANGLES. Will you still like the thing in five years? Can you really pull off a green wristband? Does it matter if you don't know what all the buttons do? The right timepiece is more than just a fashion statement, says Paul Boutros, watch columnist for *Barron's Penta* magazine and a luxury-brand consultant. It's an essential part of your wardrobe. "A fine watch can say so much about who you are," Boutros says. "And if it's high quality, you can pass it down and it will remain in style for generations." Not sure where to start? Turn the page to find out.

PHOTOGRAPHS BY PLAMEN PETKOV



Going to a formal event? Your watch face should be simple and clean.

Dress

$
LARSSON & JENNINGS LÅDER BLACK
A slim watch reads as smart and sophisticated. This slender case slides easily under a shirt cuff. *$360*

$$$
RAYMOND WEIL FREELANCER
The rose-gold case frames a visible balance wheel that keeps the self-winding movement accurate. *$2,275*

$
SEIKO KINETIC
Every footstep will power the watch, which means you'll never have to change the battery. *$350*

Smart



$$
APPLE WATCH
Stash the smartphone. This lets you read texts, make payments via Apple Pay, request a car with the Uber app, and much more. *$599*



$
LG WATCH URBANE
It has all the essentials: music, navigation, and text notifications—with an analog watch dial that gives it a classic, nontechy look. *$349*



$
PEBBLE TIME STEEL
Don't be misled by the leather strap. This ticker is water-resistant, doubles as a fitness tracker, and runs as long as 10 days on a charge. *$249*

Dive



$$$
TUDOR PELAGOS
Waterproof at up to 500 meters, it's reminiscent of the blue Submariners issued to the French navy back in the 1960s. *$4,400*



$$
BULOVA MARINE STAR
A blue strap and steel case fit in at the gym or bar, and the rotating bezel lets you track elapsed time—even 100 meters deep. *$499*



$
CITIZEN PROMASTER PROFESSIONAL DIVER
This light-powered, 200-meter watch has a glareproof crystal and a rubber strap that won't soak up sweat. *$295*

OPENING PAGE (FROM TOP)
MICHAEL KORS WATCH HUNGER STOP BRADSHAW 100 SERIES, $295. **OMEGA** SEAMASTER 300, $34,200. **PANERAI** LUMINOR 1950, $28,300. **BREITLING** TRANSOCEAN, $20,390. **NIXON** THE SENTRY SS, $250

Prop styling: Christopher Stone/Hailey Resources; small photographs by JENS MORTENSEN; icons by MICHAEL BRANDON MYERS

JOHNSTONMURPHY.COM



©2015 A GENESCO COMPANY



Casual

$$$
ERNST BENZ CHRONOCOMBAT CHRONOSCOPE
The case's matte black coating won't scratch, and the olive dial goes with any color. *$6,200*

$$
SHINOLA THE BRAKEMAN CHRONO
With its squared-off silhouette, this watch—made in America—subtly stands out from the crowd. *$775*

$
TIMEX INTELLIGENT QUARTZ FLY-BACK CHRONOGRAPH
This race-inspired piece has a stopwatch that resets instantly so you can use it in rapid succession. *$150*



QUICK CHANGE

By Brian Boyé

Can I leave my dress shirt untucked?

JOHN, HOUSTON, TX

Only if you also leave your face half shaved and toilet paper stuck to your shoe. My point: You look sloppy when those tails are hanging. Tucked in, they're meant to give you a clean appearance; they allow your shirt extra slack to shift when you sit and stand, and the longer the tail, the longer the shirt will stay in place. Even sloppier is going untucked while wearing a suit jacket or a tie. Still, if you really hate tucking, at least buy an assortment of collared shirts with shorter tails. Check out J.Crew, Gap, and Steven Alan, for starters. There's even a shirt brand called Untuckit, which works, well, exactly as advertised. But in general, if your shirttail falls below midfly, just tuck it already.

What kind of suit jackets can I wear with jeans?

VIKRAM, BOSTON, MA

Depends. If it's a sport coat—usually a heavier, textured, and patterned fabric—then it's fine. Wear it with jeans, trousers, or chinos. Same goes for a blazer, which is a more casual version of a suit jacket, typically in a dark solid color with metal buttons. If your suit jacket is a solid color or made from a heavier wool, it can pass for a blazer or sport coat and will pair well with denim. Men run into trouble when they mix patterned suit jackets, like pinstripes or windowpanes, with other kinds of pants. Keep those with their rightful lower halves. And if your jacket is tailored (as it should be), make sure your jeans fit more like fitted trousers than relaxed sweats to keep the look slick.

Brian Boyé is *Men's Health*'s executive fashion and grooming director. Follow him on Twitter and Instagram: @brianboye

Illustration by Jim Winters (Boyé)

For more info on these items, **see page 139.**

STELLA ARTOIS

Cidre

MADE WITH

HAND-PICKED APPLES

Crafted with care for a dry balanced blend.



ALWAYS ENJOY RESPONSIBLY.

© 2015 Stella Artois® Cidre Premium Cider, produced for Stella Artois Cidre Company LLC, Baldwinsville, NY 13027

Sport



$$$

MAURICE LACROIX PT S EXTREME LTD EDITION
Designed for active guys, its ultralight alloy case and titanium buttons won't weigh you down. *$6,800*



$$$

TAG HEUER 1887 CARRERA AUTOMATIC
The black alligator strap adds a layer of luxury and swagger that you can take anywhere. *$5,450*



$$

TISSOT QUICKSTER
Vibrant details—like the red bezel—are sporty and fun. Wear it with a leather jacket and jeans to send a rebellious vibe. *$450*



REMEMBER THE GOOD OLD TIMES

In the market for a vintage watch? First, compare the bezel and dial against images of the original; knockoffs can be very convincing, says Hamilton Powell, founder and CEO of Crown & Caliber, a marketplace for pre-owned watches. Online consignment shops like Powell's are more trustworthy than Craigslist and often use tests to verify that the watch is water-resistant and still keeps accurate time. You should also learn about the watch's movement, history, and brand, he advises. Classic watches, like the 1970s Omega Seamaster—created before the advent of quartz—are hot now. "It's a beautiful timepiece, and the era inspired its look and feel," Powell says.

A Watch That'll Outlive You

If money is no object, invest in one of these triumphs of timekeeping.

BY DAN MICHEL



1

Cartier Tank Louis Watch
$14,100

"I love the clean lines and understated elegance. It's a bit slimmer and sleeker than my other watches."
—Durand Guion, VP and men's fashion director, Macy's

2

Patek Philippe Calatrava Pilot
$47,600

"The bold contrast of the numbers against the face makes it easy to check the time wherever I am."
—Ankur Jain, cofounder and CEO, Humin

3

Zenith El Primero Chronomaster Grande
$13,100

"The classic moon phase dial can be dressed up with a Tom Ford suit or go relaxed with True Religion jeans."
—Russell Westbrook, point guard, OKC Thunder

Prop styling: Sarah Guido-Laakso/Halley Resources; illustration by MICHAEL SANDERSON

PHOTOGRAPH BY TRAVIS RATHBONE

VERY PERRY ELLIS

PERRYELLIS.COM

6 Ways to Look Laser Sharp Put skin problems in the crosshairs of these treatments—then fire.

BY SANDRA NYGAARD



YOU'VE PROBABLY LOVED LASERS SINCE THE first time you saw *Star Wars*. We're talking light amplification by stimulated emission of radiation—with explosions! But here on Earth, the weaponry wielded by dermatologists bears little similarity to the superlaser that blew up Alderaan. Skin doctors use lasers in a precise way to zap skin problems, one layer—or vein—at a time. "You can target anything from the pigment in a tattoo to a single blood vessel," says Terrence Keaney, M.D., a clinical professor of dermatology at George Washington University Hospital. And it's not just destructive; many laser treatments stimulate the production of collagen, your skin's natural scaffolding. Here's a look at your dermatologist's arsenal.

	Active acne	Severe or deep scars	Wrinkles or lines	Hair removal	Tattoo removal	Broken capillaries
LASER	Nonablative	Fractional ablative	Resurfacing	Alexandrite	Picosecond	Vascular
TACTIC	It heats the skin's middle layer to decimate acne-causing bacteria. After a few hours of redness, your skin will be smoother, says New York City skin doc Dennis Gross, M.D. The rise in collagen production helps wipe out other scars and creases too. Dr. Gross likes the SmoothBeam laser; it's FDA approved to treat acne and acne scarring.	A few blasts will vaporize indentations, while the resulting collagen boost creates a smoothing effect. The laser can't entirely erase deep scars, but it will improve them, Dr. Keaney says. One negative: It's invasive. You'll have to soldier through a few days of wound care, followed by prolonged redness, requiring some downtime while you heal.	The beam removes the outer layer of skin and heats the layer under it to stimulate collagen growth. As the treated area heals, the skin that forms will be smoother and firmer. Just don't expect a new face, says Dr. Gross. The procedure will help erase fine lines but may not give you the same results as a surgical lift, he says.	This laser targets hair pigmentation, penetrating the follicle and destroying it. Any hairs in the active growth phase should be goners, Dr. Keaney says. Facial hair may require more treatments since it's thick and dense. And if you have gray, very blond, or red hair, you may be out of luck; these low-pigment follicles are nearly impossible to zero in on.	The mistake eraser: It makes the ink vibrate superfast and fracture into tiny pieces your body can absorb. And since this laser blasts ink better than first-gen tech, you won't need as many treatments, Dr. Keaney says. Still, you may have to deal with swelling, discomfort, and blistering. Plus, certain colors (like reds and yellows) can be tough to treat.	This treatment selectively targets hemoglobin and hunts for blood vessels that are dilated due to, say, sun exposure. The laser heats them until they collapse and disappear. It's great for zapping single vessels as well as treating redness from conditions like rosacea. And it's efficient, requiring as few as three sessions, Dr. Keaney says.
PAIN	Low	Moderate to high	Moderate	Moderate to low	Moderate to high	Low, but can vary
COST/SESSION	**$600 to $1,000**	**$500 to $5,000**	**$500 to $5,000**	**$350 to $1,500**	**$350 to $1,500**	**$400 to $600**
TREATMENTS	Expect 3 sessions, 3 weeks apart	Start with 1; then have a doc evaluate	Book 3 treatments, 20 to 30 minutes each	Try 3 or 4 to net a significant reduction	You'll need up to 8 sessions, 8 weeks apart	Go with 3 or 4, as brief as 10 minutes each
						

Grooming: Sylvester Castellano/Bernstein & Andriulli; prop styling: Sarah Guido-Laakso/Halley Resources; illustrations by TODD DETWILER

PHOTOGRAPH BY TRAVIS RATHBONE


WASHABLE
WET/DRY
Panasonic
Panasonic
JAPANESE
BLADE
TECHNOLOGY
LOOK SHARP
Forged stainless steel blades.
Engineered for outstanding comfort and precision.
Panasonic
PanasonicGrooming.com
Available at
amazon
BEST BUY

CAN YOUR AIRLINE REWARD MILES GET YOU ANY SEAT IN THE SKY?



Earn Unlimited Double Miles

VENTURE® MILES CAN. Any flight, any airline. Find the flight you want for Honolulu or Paris or anyplace else. Fly on a Friday or a Sunday or a holiday weekend. No blackout dates. No exceptions. Isn't it about time you switched?

Capital One®
what's in your wallet?®

Credit approval required. Redeem miles for travel on any airline based on actual ticket price at time of purchase. Offered by Capital One Bank (USA), N.A. ©2015



Break Through the Cash Ceiling

The guys with the fattest paychecks are no smarter or more diligent than you are. They just know how to stand out. BY STEVE BRAZELL

I ONCE HELPED A CLIENT WITH THE BRANDING OF HIS NEW investment bank. He was a big lug who liked to say, "I don't mind being the biggest prick in the room." One might wonder how he ended up being so successful, but for all he lacked in social graces, the guy was respected—even if he wasn't liked. Most important, the Biggest Prick knew how to promote himself. Over the 20 years that I've been building personal and corporate brands, I've realized that lots of successful people share this ability. And guess what? You can steal their strategies. Keep reading and I'll show you exactly how.

PHOTOGRAPH BY REINHARD HUNGER



1

Make the Right Friends

Maybe you have a tightly knit group of office pals. They're the guys throwing paper airplanes from nearby cubicles and dragging you to happy hour after work. It's good to have a group like that. They make work a hell of a lot more fun. But these aren't the guys who are going to add an extra zero to the end of your paycheck.

The people who soar through the corporate ranks are those whose names bounce around in the big meetings. If the managers responsible for giving out promotions don't know you, then you're invisible. And that makes you expendable—or, at the very least, destined to languish in servitude along with the other office cogs.

Take my friend David "Tuba" Britt. Tuba graduated from the Naval Academy 20 years ago with a guy we'll call Archie. Tuba didn't outwork Archie or get better grades. But he had one big advantage: He understood the importance of rubbing shoulders with the top brass. "I learned early on that if I wanted to succeed in the navy, I needed to perform in front of the people who could recommend me for the best assignments," says Tuba. That thinking earned him a promotion. Then another and another. Today Tuba is a captain, while Archie is hanging out two pay grades lower, as a lieutenant commander.

SHAKE HANDS WITH THE WINNERS Odds are you only need to win over two or three people to earn your next promotion. Among them could be your boss, your boss's boss, the head of HR, or—in a smaller company—the CEO. These are your career makers. Identify them, introduce yourself, and let them know you're willing to help out in any way you can. If an opportunity arises to volunteer for a project, do it. Have an idea that could benefit the whole company? Shoot them an email about it.

But you don't want to be a pest, right? So to spread the reach of your Promote Me campaign, enlist the help of the career swayers. These are the assistants, confidants, and office drinking buddies the career makers regularly consult with. Introduce yourself to two or three of these people, and do whatever you can to stay on their radar. Now when your career makers start asking around, you'll look like one of the most notable people at the company. And career makers like notable people.

2

Simplify Your Brand

Consider Yevgeny Grebenshikov. He's not a real guy, but I know plenty of people like him; their names are hard to say and harder to remember. It's almost easier to avoid Yevgeny than to introduce him around the office. Maybe the guy has a good reason to keep his name. It was his dad's name. Fine, but it's not helping his career.

Science backs me up here: Researchers in New Zealand found that people are less likely to trust those with names they can't easily pronounce. You even see this in politics: Barack aside, most winning candidates have names we're familiar with, says Adam Alter, Ph.D., an associate professor of marketing at New York University. Fair or not, the career paths of people who have tricky-to-pronounce, foreign-sounding, or unconventional names are far steeper. You want people to think of you first when they have a problem that fits your expertise? Well—first they have to remember your name.

So does that mean that Yevgeny Grebenshikov is forever destined to be buried in the IT department? No, he just needs to tighten up.

SHORTER IS BETTER A good name is one that sticks. More than a couple of syllables? "Even if you have a longer name, if it's familiar, it's more likable," says Alter. So if you're naming your kids, your yacht, or yourself, stick to short, memorable sounds. Gordon Matthew Thomas Sumner may have realized this before calling himself Sting. Same for Stefani Joanne Angeline Germanotta (Lady Gaga) and Ralph Lifshitz (Ralph Lauren).

But let's say Yevgeny keeps his name. He can still win big if he defines himself clearly. Make yourself indispensable in a core area of your business, and you'll be impossible to forget. The key: Be known for something important.

Photograph by TRAVIS RATHBONE; prop styling: Sarah Guido-Leakas/Halley Resources; illustration by ARTHUR SHLAIN (icon on cards)



WATCH LIVE

SUNDAY, NOVEMBER 1

9AM #TCSNYCMARATHON

TCS NEW YORK CITY MARATHON

TATA CONSULTANCY SERVICES

TATA CONSULTANCY SERVICES

airbnb asics UNITED THE RUDIN FAMILY

ABBOTT WORLD MARATHON MAJORS TOKYO BOSTON LONDON BERLIN CHICAGO NEW YORK

CENTRAL PARK CONSERVANCY

In cooperation with the City of New York, Bill de Blasio, Mayor

NY RR RUN FOR LIFE NYRR.ORG

Abbott, Dunkin' Donuts, Foot Locker, Gatorade Endurance, Hospital for Special Surgery, iHeartMedia, NY Apple Association, Poland Spring, PowerBar, Runner's World, Snyder's of Hanover, Sports Illustrated, TAG Heuer, The New York Times, Tiffany & Co., UPS

IF YOU CAN'T EXPLAIN WHY YOU'RE IMPORTANT, THEN YOU LEAVE IT UP TO OTHER PEOPLE TO DETERMINE YOUR VALUE.

3

Solve a Boss Problem

In the career market, there are A players, B players, and C players. Your uncle may have had a lifelong career as a midlevel C player at tech firm, but that was before data and performance metrics made it easy for executives to measure an employee's impact. If you're a C player today, you're already on the chopping block. The A players can work anywhere they want, but you're likely a B player. Don't worry—you can change that.

Here's what I've found: Most B players hold themselves back professionally by trying to be generalists in their field. They could quickly bump up to being A players just by honing their focus. After all, your boss doesn't have many "general" problems. He or she has specific problems. And if you become an expert in one or two things, the boss will start turning to you to solve them. This is how you become indispensable.

Eric Schultz, the CEO of COTA, a startup that tracks cancer data, recently told me, "We're only interested in individuals who are the very best at what they do." Mentalities like that create the kind of high-performing environment that benefits everybody with the mettle to compete in it. "To keep our A players, we have to pay them a lot of money," says Schultz. "But they're worth every penny."

ASK WHAT YOU CAN DO BETTER

There's no harm in putting some of your energy toward the part of your job that you enjoy the most, but don't lose sight of your top priority: making management happy. Your boss's goals should be your goals, even if that means spending a couple of hours each day doing work you don't particularly love.

Then make sure you get credit. You've already made contact with your career makers, right? Once a week, update them with short emails, office visits, or "accidental" run-ins at the watercooler. Describe your progress and what you need (if anything) to do your job better. Ask for feedback where appropriate, and give them a chance to offer advice. No project to report on? Ask for one! Once the chiefs see your ambition, they'll start to think of you as an A player. They might even need you to move into that big open office upstairs.

4

Talk a Big Game

In one urban legend circulating at Apple, Steve Jobs, upon meeting an employee for the first time, might ask, "What do you do?" Seems harmless enough, right? But Jobs really wanted to know what all CEOs want to know about people on their payroll: "Why do you matter?" Unfortunately, most people answer generically, with something like, "I'm Mike Smith, and I work in IT."

Missed opportunity! If you can't explain why you're important, then you leave it up to other people to determine your value—and there's zero chance they'll think you're as valuable as you do. If you're a fireman or a cop, it's obvious why your job matters. But for Mike Smith in IT, not so much.

A pal of mine, Barbara Laidlaw, is head of crisis and issues management at Edelman, a public relations company. She recalls a recent job interview during which the candidate spoke confidently about his ability to work with clients. "But every time I asked him for an example of something he had done to add value, he had no answer," says Laidlaw. She hired an applicant who did. The truth is, nobody has the time to research your successes. "Your ability to pitch yourself and the value you provide is more important now than ever," says Laidlaw.

PREPARE YOUR 12-SECOND RÉSUMÉ

You need a short, powerful introduction that shows your ability to solve problems. When Mike says, "I work in IT," the conversation's over. But he can turn himself into an office hero by saying, "As you probably know, our company used to lose millions of dollars due to security breaches. I'm one of the IT experts plugging the e-com holes. And I'm happy to report that my team has saved an estimated $2 million this year alone."

Bang! In the mind of a career maker, Mike is now tied to hard cash. Plus, he's no longer an IT drone; he's a security expert. Try it: Ask yourself what problem you solve for the company and how it affects the bottom line. If you need to ask the head of sales how your department has impacted growth, do it. Now practice your intro so that you're ready when the boss steps into the elevator.



HOW SUCCESSFUL MEN EASE THEIR WAY INTO THE DAY

LEWIS HOWES, AUTHOR OF *THE SCHOOL OF GREATNESS*, HAS THE RECIPE FOR ALL-DAY MOTIVATION.

FOCUS ON WHAT'S GOING YOUR WAY

Before throwing back the covers, take a few minutes to focus on three to five things you're thankful for—like your killer job or the woman sleeping next to you, says Howes. In a *Journal of Clinical Psychology* study, health care workers were less stressed and less depressed when they kept a gratitude journal.

MAKE YOUR DAMN BED ALREADY

One in three guys regularly leave the sheets disheveled, according to the National Sleep Foundation. Don't be one of them: Minor as it seems, that rumpled bedding represents the first challenge of your morning. "Making the bed sets a tone of action that will follow you for the rest of the day," says Howes.

WAKE UP YOUR BRAIN WITH SWEAT

A morning workout can help improve your self-control and your brain's ability to plan and focus, according to a Dutch study review. But here's the real reason to hit the gym in the a.m: You'll be less likely to run out of steam later or flake when the office social committee decides to go skeet shooting, says Howes.

GIVE YOURSELF A SENSE OF PURPOSE

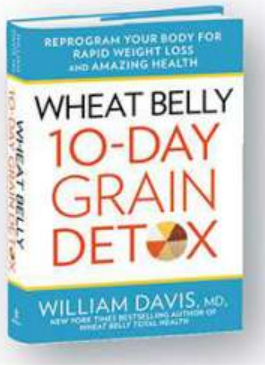
Before leaving for work, decide which long-term goal—completing a big project, building your professional network—you want to focus on. Jot down three tasks related to that goal; they're your day's priorities. "It's too easy to get caught up in distractions," says Howes. Think big to make real progress. –LILA BATTIS

Illustration by KURT McROBERT

BE GRAIN-FREE, HEALTHY, SLENDER FAST!

The #1 *New York Times* bestseller ***Wheat Belly*** changed the national conversation about health and weight loss. Now, by popular demand, Dr. William Davis has created an easy step-by-step program to free yourself from the toxic effects of wheat and grains. ***Wheat Belly 10-Day Grain Detox*** gives you the meal plans and delicious recipes you need to go grain-free in the shortest time possible.

On sale now wherever books and e-books are sold.



You can also take your 10-Day Grain Detox to the next level with a NEW online course from Dr. Davis and Rodale Wellness! To sign up and get a free preview, visit rodaleu.com/wheatbelly.

RODALE. Follow us @rodalebooks on

RODALE wellness
Sign up today

202863703



©2015 VF Jeanswear Inc.

Lee®
Est. 1889

COMFORT NEVER LOOKED SO GOOD

PREMIUM FABRIC
MORE FLEXIBLE
SOFTER AND STRONGER

MADE WITH
ACTIVE COMFORT DENIM

New Lee jeans are available at
Kohl's,® Kohls.com and **Lee.com**

Learn to Lead at the Speed of Sound

BY CLINT CARTER



I'M 3,000 FEET ABOVE LAKE Michigan in an L-39 Albatros, a jet typically enlisted for military training, when Jacques Bothelin's sing-song voice comes through my headset. "Pac-oooo, go," he says. Paco, my pilot, pulls back the yoke, and suddenly I'm pancaking into my seat with a force nearly five times that of gravity. I've essentially just gained 500 pounds in two seconds.

When all goes well, spectators down on earth view the Breitling Jet Team as one mass of metal floating through the sky. The wingtips are often within 10 feet of each other. It's as if the pilots are working in adjacent cubicles that spiral, dive, and invert at 500 mph.

Bothelin, the leader, takes pride in his team's solidarity. "One guy's mistake can literally kill another guy," he says. But since Bothelin founded the team 12 years ago, he's lost only one pilot. Relax—the man left for health reasons.

Odds are you're not performing aerial stunts with your office sales group or softball team, but the principles of working together still apply. Utilize them to help your own team soar.

Put a Premium on Passion

As his fleet grew from four to seven jets, Bothelin had to recruit pilots. Technical skill is easy to find. "But I'm looking for hunger," he says. Passion is key. So is flexibility. "You need people who can adopt plan B when plan A fails."

DEFINE YOUR GOAL Ask five people to explain the team's goal and you usually get five different answers, says Ryan Hartwig, Ph.D., author of *Teams That Thrive*. If you're trying to boost sales, say so. A clear mission statement will foster enthusiasm.

Create Some Tactical Rituals

Before flights, the guys meet to discuss every upcoming maneuver. Afterward, they recount each loop and flyby, figuring out where they can improve. "We don't celebrate until we've gone over the entire routine," says Bothelin.

REMAKE MEETINGS Assign a colleague to quietly watch a meeting and jot down observations. "You might find that some people are dominating or good ideas are being glossed over," says Hartwig. Now ask the group for creative solutions.

Confess Your Blunders

Sloppiness in the air can be life-threatening. So Bothelin encourages his teammates to speak candidly about their in-flight flubs. "We all have to be humble," he says. "I admit my own mistakes first to initiate the process."

PLAY DUMB If someone's not stepping up, Bothelin asks questions like "How do you think your attitude has been?" It works, says Hartwig. "He's asking questions he knows the answers to." Try it—you'll motivate people to take responsibility.

"WE ALL HAVE TO BE HUMBLE. I ADMIT MY OWN MISTAKES FIRST TO INITIATE THE PROCESS."

Katsuhiko Tokunaga/DACT Inc./courtesy Breitling Jet Team (photograph). HUBERT TERESZKIEWICZ (icons)

Men's Health URBANATHLON

2 DISTANCES:
> ***NEW* SPRINT** (3-5 MILES)
> **CLASSIC** (10-12 MILES)

ARE YOU IN?

This year, Men's Health celebrates 10 YEARS of URBANATHLON®, The Original Urban Obstacle Race. There's still time to get in on our biggest and best series to date!

10.24 NY | 11.22 SF

REGISTER TODAY AT **MHURB.COM**






OFFICIAL SPONSORS

SIX STAR SEIKO

propel ELECTROLYTE WATER

PROUD SUPPORTER OF

CHALLENGED ATHLETES FOUNDATION CAF

#MHURB

YouTube

ADVERTISEMENT



RODALE'S OrganicLife PRESENTS

FARM2FORK FESTIVAL

WILLIAMSBURG, BROOKLYN

SPONSORED BY SUBARU

OCTOBER 24+25

Celebrate the harvest season and its best ingredients this Fall in Brooklyn, NY.

LIMITED TIME OFFER

Use code F2FFRODALE to **RECEIVE 30% OFF** the full ticket price!

Tickets On Sale Here:
farm2forkbk.com

#F2FF

www.RodalesOrganicLife.com RodalesOrganicLife @OrganicLifeMag



Tell the Big C to Go F Itself

This deadly disease is on track to take down more than just your prostate. Plot your counterattack now. BY JULIE STEWART

BY NOW YOU KNOW THAT CANCER HAS A SHIT LIST. AT THE top? Your prostate. Yet all that time you've been following our advice (we hope) to guard your gland from harm, cancer has been steadily rounding up more victims. In fact, diagnoses among men are expected to increase by 24 percent from 2010 to 2020, according to a 2015 study from the CDC. The main casualties? Kidneys, liver, pancreas, thyroid, and skin—even your testicles made the list. But you don't have to cower in the face of cancer. This anti-tumor plan will give you the balls to tell cancer to screw off.

ILLUSTRATIONS BY FOREAL & EVERYTHING STUDIO



TRUST THE FORCE A cancer-free galaxy doesn't have to be far, far away.

Pancreatic Cancer

+37%*

WARNING SIGNS Newly diagnosed diabetes, loss of appetite, unintended weight loss, jaundice, back or abdominal pain

Pancreatic cancer is a total sugar fiend. The disease's rise can be attributed in part to skyrocketing diabetes rates, says Harvey Risch, M.D., Ph.D., a professor of epidemiology at Yale School of Public Health. That's because cancerous pancreatic cells rely on glucose for growth, he says. And while tumors in general are bad news, they're especially dangerous if they develop in the pancreas. The organ sits next to important blood vessels, making a mass very difficult if not impossible to remove, Dr. Risch says.

F THE BIG C Hit the weights to protect your pancreas. In a *Journal of Strength and Conditioning Research* study, people who performed 50 minutes of high-intensity resistance training for seven weeks reduced their fasting glucose levels by about 13 mg/dl after just 10 minutes of recovery postworkout. Your muscles burn blood sugar for fuel in order to grow, the study authors say.

CANCER DIAGNOSES AMONG MEN ARE EXPECTED TO INCREASE BY 24 PERCENT FROM 2010 TO 2020.

Liver Cancer

+62%

WARNING SIGNS Weight loss (without trying), no appetite, abdominal swelling, nausea, vomiting, yellowing skin and eyes

Our livers are starting to look more like lumps of lard. Part of the uptick in liver cancer diagnoses is linked to the steady rise in nonalcoholic fatty liver disease (NAFLD), which already affects about 20 percent of U.S. men, says Hashem El-Serag, M.D., M.P.H., chief of gastroenterology and hepatology at Baylor College of Medicine. Fat deposits that build up in your liver can lead to cirrhosis. "If your liver suffers a lot of damage over time, it's unable to repair itself in a normal way. That's the setup for cirrhosis and cancer," says Dr. El-Serag.

F THE BIG C Stay far away from fructose: In a *Journal of Hepatology* study, people who drank a sugary beverage daily were 61 percent more likely to develop NAFLD than those who drank none. Feed your liver what it loves: coffee. Researchers in Australia found that coffee's polyphenols may suppress fat accumulation in your liver.

Testicular Cancer

+16%

WARNING SIGNS A lump in your testicle, an aching feeling in your lower belly or scrotum, a change in the size or shape of your testicles

Researchers can't figure out why testicular cancer is grabbing so many men by the balls. But a few risk factors may be at play, including changes in diet and environmental exposure to carcinogens, says Phillip Gray, M.D., an assistant professor of radiation oncology at Harvard Medical School. Another threat? Your family. Estimates show that if your dad or brother had testicular cancer, your risk of developing the disease increases as much as tenfold.

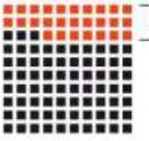
F THE BIG C Since the reason for the rise is so elusive, Dr. Gray says the best prevention tactic is to catch the cancer early. (It helps that the five-year survival rate for all stages of this disease is 97 percent.) At least once a month, while you're in the shower, give your boys a hand by checking for lumps or any changes in shape. Visit cancer.org/cancer/testicularcancer to find out the right way to feel yourself up.

CANCER CLUELESS

IGNORANCE IS BLISS? NOT IF YOU WANT TO SURVIVE THIS DISEASE.



Percentage of folks who don't know any signs or symptoms of cancer



Percentage of men who avoid the doc because "cancer" means "death"



Percentage of men with cancer who waited over 3 months to seek help

Sources: Cancer Research UK, *Journal of Health Psychology*, *British Journal of Cancer*

*The projected increase in cancer diagnoses for men from 2010 to 2020

NOT ALL COCOA IS CREATED EQUAL.™

How to get your heart's daily 375mg of cocoa flavanols.









1 ***CocoaVia®*** **Dark Chocolate Unsweetened Sachet**

25 CALORIES
0.5g FAT

3 ***CocoaVia®*** **Vegetarian Capsules**

10 CALORIES
0g FAT

4 **Bars of a Leading Dark Chocolate**

720 CALORIES
47g FAT

9 **Bars of a Leading Milk Chocolate**

1,810 CALORIES
111g FAT

CocoaVia® daily cocoa extract supplement delivers the highest concentration of cocoa flavanols, which are scientifically proven to promote a healthy heart by supporting healthy blood flow†.

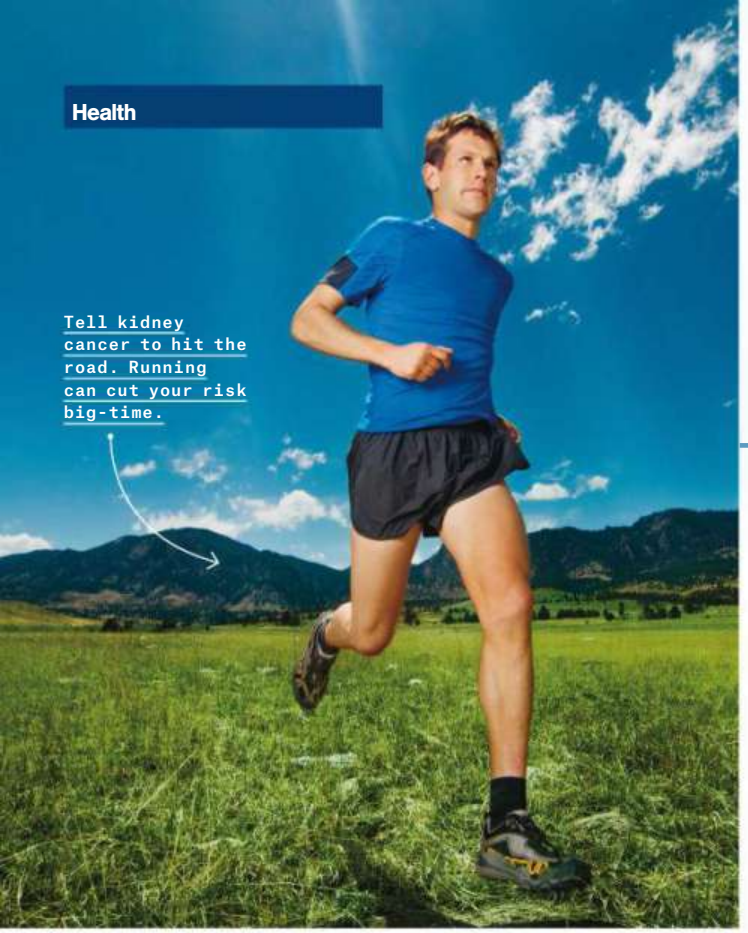
Learn more at **CocoaVia.com**

CocoaVia® BRAND **STAY YOU.™**

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Flavanol content determined by AOAC *Official Method*℠ 2012.24

®/™ Trademarks © Mars, Incorporated. 2015.



Tell kidney cancer to hit the road. Running can cut your risk big-time.

Kidney Cancer

+40%

WARNING SIGNS Red or pinkish pee, low-back pain on one side, a lasting fever not caused by infection, a bump on your side or lower back

These bean-shaped organs have the tough tasks of regulating blood pressure and turning waste in your blood into urine. Yet how do you repay them? By packing on extra pounds. That's a problem because weight gain causes a boost in blood pressure and throws your metabolism out of whack. Those changes, in turn, may invite inflammation that promotes the development of tumors in your kidneys, says Steven Campbell, M.D., a Cleveland Clinic urologist.

F THE BIG C There are thousands of steps you can take to protect your kidneys. A study from the Lawrence Berkeley National Laboratory concluded that people who walked or ran for at least 2½ hours a week were 61 percent less likely to develop kidney cancer than those who moved less. And exercise, of course, will help keep both your weight and BP in check. Speaking of which, your systolic BP should stay below 120 points; recent research in the journal *Hypertension* found that men with higher readings were up to 87 percent more likely to die of kidney cancer.

Thyroid Cancer

+66%

WARNING SIGNS A lump or swelling in the neck, trouble swallowing, a hoarse voice or cough that won't go away

You're surrounded by an invisible cloud of carcinogens and radiation. First the fumes: Scientists noted a surge in thyroid cancer rates that aligns with the increased use of flame retardants applied to furniture and household goods since the 1970s. When inhaled, these chemicals screw with your thyroid by mimicking endocrine hormones. This can disrupt thyroid function, explains Robert Udelsman, M.D., an endocrine surgeon at Yale Cancer Center. As for radiation, the amount you're exposed to today is double that of 25 years ago. Dr. Udelsman says that's due to our increased use of dental x-rays and CT scans, often performed in the head and neck region.

F THE BIG C You can't torch your flame-retardant furniture, so regularly clear the air in your home by using a HEPA-filtered vacuum. Then dust with a damp towel to prevent spreading chemical-laden particles around. And speak up at the doctor's office: If your M.D. ever says you need an x-ray or CT scan, ask if an MRI or ultrasound will suffice, says Dr. Udelsman.

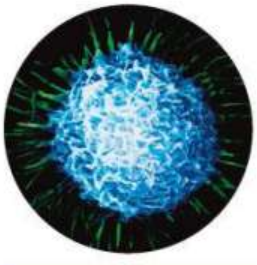
Melanoma

+30%

WARNING SIGNS "Ugly duckling" moles that are larger than ¼ inch across, have uneven borders or odd shapes, or are changing color

"Men are being burned by their shoddy sun-shielding habits," says Julie Russak, M.D., a New York City dermatologist. About 86 percent of melanomas are the result of exposure to UV radiation from the sun, according to a *British Journal of Cancer* study. Yet a National Cancer Institute survey found that only about 20 percent of guys slather on sunscreen, versus more than 40 percent of women. Plus, when guys do wear sun-protective clothing, it's often not the best kind: Most men put on a baseball cap, which doesn't fully shade the face, neck, and ears. A wide-brimmed hat, like the God Father from Goorin Bros. ($110, goorin.com), is better.

F THE BIG C SPF is still the best skin-saving strategy—even in winter, says Dr. Russak. Cover your mug daily in Kiehl's Facial Fuel UV Guard Sunscreen SPF 50+ ($38, kiehls.com). This lotion has 10.5 percent vitamin C, which can help repair your damaged dermis. The antioxidant neutralizes free radicals that are produced in your skin after sun exposure, say researchers in India. And set up an annual date with a dermatologist to make sure your moles aren't malignant. If the exam involves using MelaFind, all the better—this handheld device resembles a hair dryer and lets doctors see up to 2.5 millimeters below your skin's surface. That's important, says Dr. Russak, since some melanomas grow in depth, not diameter. You can find a skin doc who offers it by using the "dermatologist locator" at melafind.com.



A BETTER PSA TEST?

TAKING A PISS MIGHT BE THE PERFECT FIX FOR THIS IMPERFECT EXAM.

- **PCA3 TEST**
 This urine test measures your level of the prostate cancer antigen 3 gene, a marker that rises as cancer cells proliferate, says John Thomas Wei, M.D., a professor of urology at the University of Michigan. So unlike the PSA, the PCA3 test can help discriminate between actual cancer and benign conditions, such as prostatitis or benign prostatic hyperplasia. If your PCA3 level is high, you need a biopsy. It costs about $450, so ask your insurance company if you're covered.

- **MiPS TEST**
 The Mi-Prostate Score measures both T2:ERG (an abnormal fusion of two genes that indicates prostate cancer) and PCA3 for an even better assessment of your risk. A study in *European Urology* found that men with the highest levels of T2:ERG and PCA3 had the highest rates of cancer detection. The MiPS also lets doctors determine if a tumor is high risk or low risk. Your M.D. can order the test, but some insurance companies don't yet cover it, so you might have to pay about $750. —J.S.

From top: Gallery Stock; Science Source/Getty Images



Ask your Independent Eyecare Professional for *Crizal* No-Glare lenses.

To find one near you, go to Crizal.com

RESISTS glare · scratch · smudge · dust · water · UV rays

GOOD HOUSEKEEPING Since 1909 — LIMITED WARRANTY for CONSUMERS — REPLACEMENT or REFUND if DEFECTIVE

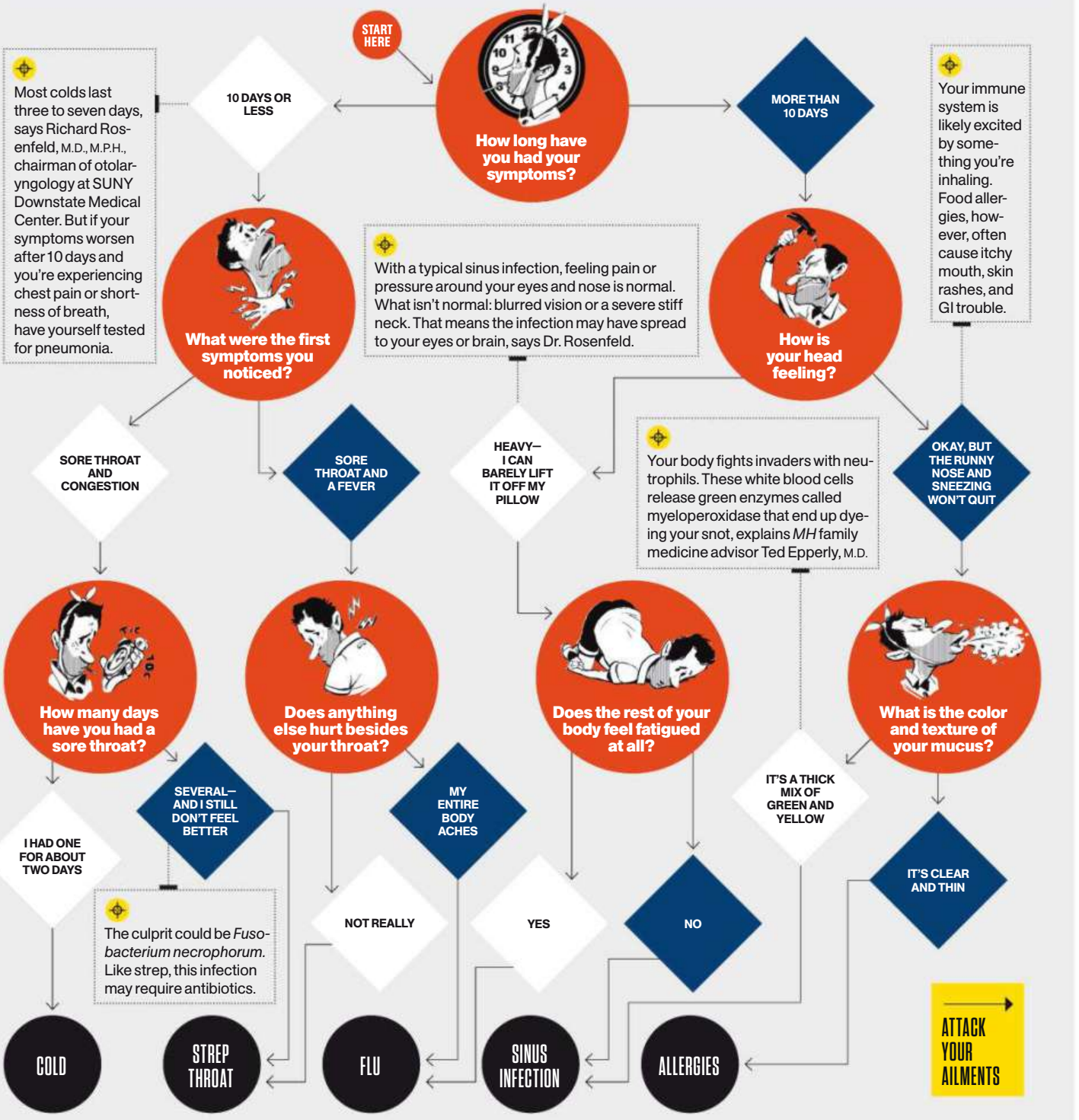
Applies to the *Crizal* lens process.

©2015 Essilor of America, Inc. All Rights Reserved. Unless indicated otherwise, all trademarks are the property of Essilor International and/or its subsidiaries.

Crizal®
Live Life in the Clear®

Why Are You So Snotty?

How do you know whether your sneezing and sniffling is being fueled by a cold, the flu, or some other affliction? Follow this nasal *flow*chart to find out. BY AMY REININK



ILLUSTRATIONS BY BRITT SPENCER


DADS DON'T TAKE SICK DAYS.
DADS TAKE
DayQuil SEVERE
COLD & FLU
NyQuil SEVERE
COLD & FLU
THE NON-DROWSY, COUGHING, ACHING, FEVER, SORE THROAT, STUFFY HEAD, CHEST CONGESTION, NO SICK DAYS, MEDICINE.
THE NIGHTTIME, SNIFFLING, SNEEZING, COUGHING, ACHING, FEVER, STUFFY HEAD, BEST SLEEP WITH A COLD, MEDICINE.
VICKS
Use as directed. Read each label. Keep out of reach of children.
© Procter & Gamble, Inc., 2015

COLD

Zinc is still the mineral for your malady: Finnish scientists say high doses of zinc acetate (more than 40 mg a day) can curtail a cold. Talk to your doctor before you start sucking on lozenges.
SYMPTOM SOOTHER Choose the right OTC remedy. In a U.K. study, 20 percent of people on ibuprofen (Advil, for example) developed new or worse symptoms, versus 12 percent of those who took acetaminophen (like Tylenol).

FLU

Skipped the flu shot? Then talk to your doctor about a flu pill. When given promptly, antiviral meds, like Tamiflu, can shorten your illness by inhibiting influenza virus cells from replicating.
SYMPTOM SOOTHER Two words: hot tea. U.K. researchers discovered that influenza-infected folks who sipped on a hot beverage served at 158°F experienced an immediate reduction in their chilliness, tiredness, and sore throat.

STREP THROAT

Your doc should confirm that *Streptococcus pyogenes* is the perpetrator of your pain. Guilty as swabbed? You'll need to take oral penicillin or amoxicillin for 10 days, says *MH* family medicine advisor Ted Epperly, M.D.
SYMPTOM SOOTHER Coat your throat with an essential-oil spray containing peppermint five times a day. Israeli scientists say this may ease the feeling that you've swallowed a box of tacks.

ALLERGIES

Put two and achoo together to ID the allergen that's ailing you. When your allergies worsen, write down whatever you're doing—and then avoid it, says Mark Scarupa, M.D., an allergist at the Institute for Asthma & Allergy outside D.C.
SYMPTOM SOOTHER After you take an allergy med, pop some probiotics. In a Swiss study, folks who consumed a *B. Lactis* strain for eight weeks reduced their misery by 69 percent.

SINUS INFECTION

Most cases are of the viral variety, so give your immune system at least five to seven days to evict the sinus squatter before asking for antibiotics, says Noam Cohen, M.D., Ph.D., an associate professor of otorhinolaryngology at UPenn.
SYMPTOM SOOTHER Use a neti pot to rinse your nose with ¼ cup of saline solution and a couple of drops of baby shampoo. The surfactants in the solution can break up sticky mucus.



I HAVE WHAT?

AUTO-BREWERY SYNDROME

Symptoms Slurred words, dizziness, stomach discomfort, and a boost in your BAC level—without drinking a drop of alcohol.
The Diagnosis You have an actual beer belly. Auto-brewery syndrome is a rare condition that prompts the growth of enough yeast in your intestines to ferment any carbohydrates you consume, says Barbara Cordell, Ph.D., R.N., dean of nursing and health sciences at Panola College in Texas. She notes that there are two factors that can put you at risk: a suppressed immune system or a history of heavy antibiotic use.
Treatment Sober up and see your doctor; you may have to take antifungal meds to wipe out the overgrowth of yeast. And put a kibosh on carbs in any form, including alcohol, for at least six weeks. –MICHELLE MALIA

iStockphoto (hand)

INSIDEOUT EVENTS & PROMOTIONS

URBANATHLON · PANERA · THE ART OF SHAVING · JOHNSTON & MURPHY



ARE YOU IN?

There's still time to take on the 2015 Men's Health URBANATHLON®, The Original Urban Obstacle Race.

This year, Ultra Marathoner, Urbanathlete and 2015 Host Dean Karnazes is joining us to celebrate our 10th Anniversary at the second race in San Francisco.

It combines a traditional road race with muscle-burning challenges designed to test your endurance, strength, mobility and pure toughness. With a classic and sprint distance course, the URBANATHLON® offers something for everybody.

Register Today at MHURB.com



EAT WELL AT PANERA

There's only one way to make a good turkey sandwich. Real turkey. Nothing artificial. Carved thick and eaten well. Panera Bread. Food as it should be.

www.panerabread.com

Panera BREAD®

Food as it should be.



THE LEXINGTON COLLECTION™ POWER RAZOR, $175.

Craftsmanship meets power in an exclusive New York-inspired design featuring chrome-plated accents, a black satin finish, and a sleek cat-eye LED Power Indicator. Enjoy outstanding closeness and comfort with Flexball™ technology that pivots over facial contours and soothing micro-pulsations to improve razor glide.

Available in The Art of Shaving stores or at www.theartofshaving.com.

THE ART of SHAVING®
NEW YORK



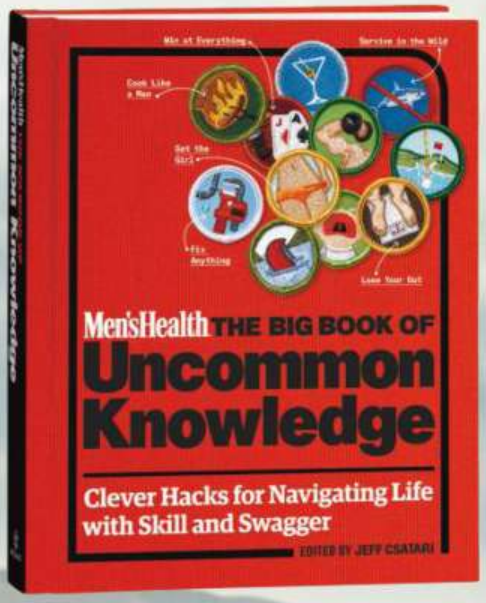
WINTERWEAR WITH FLAIR

A new approach to cold weather classics. Be perfectly prepared for winter's worst.

Fulton Shearling Boot,
www.johnstonmurphy.com
Come on over.

JOHNSTON & MURPHY®
SINCE 1850

BE PREPARED FOR ANYTHING.



The Handbook for Men. 100% Useful.

ON SALE NOW!

Men's Health

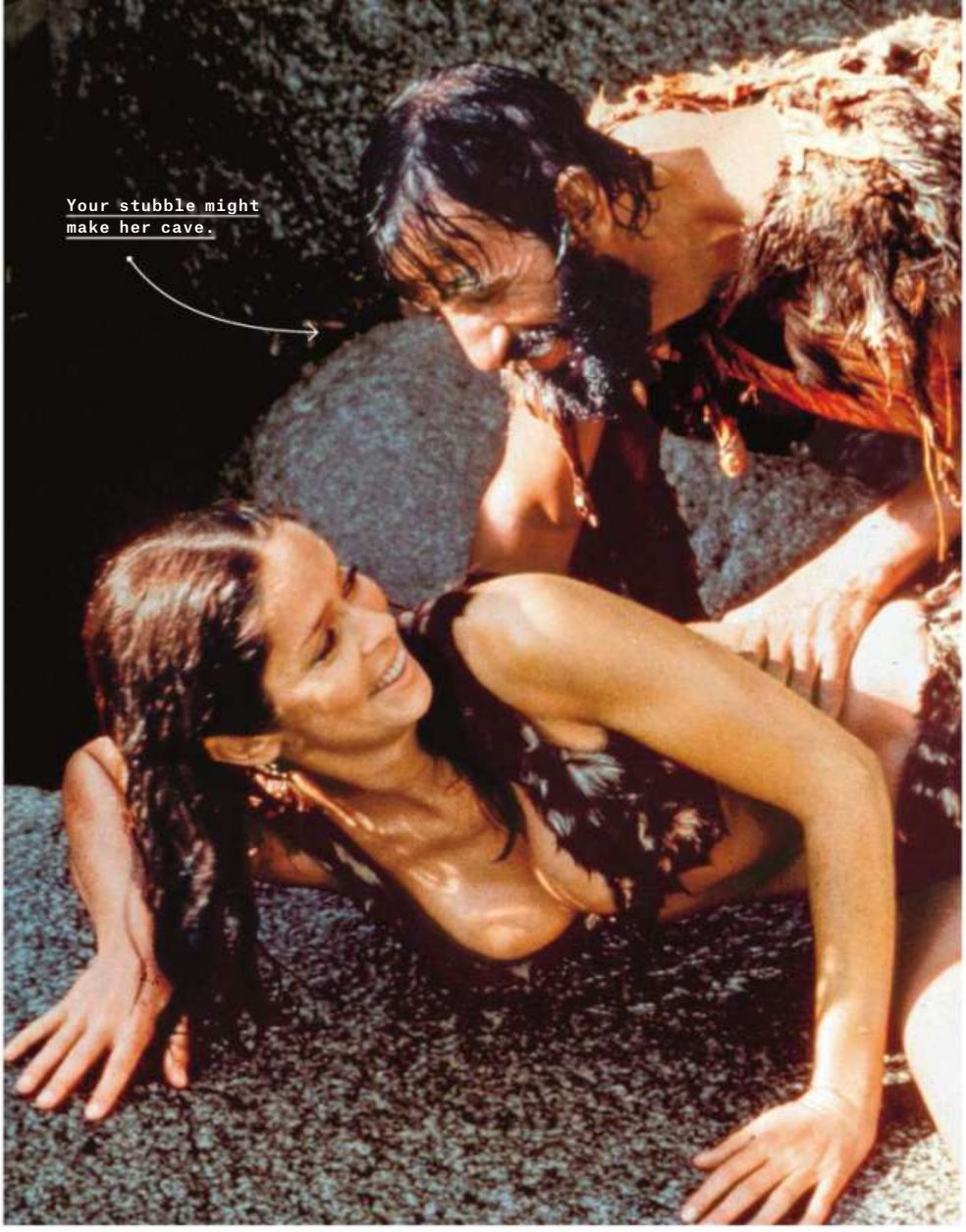
202864801



How the Cavemen Did It

Make her basic instincts work in your favor and kick off your own sexual evolution. She'll go ape—in a good way! BY ANNA BRESLAW

GUYS ARE ALWAYS ACCUSED OF BEING NEANDERTHALS. BUT recent research suggests that women are just as prone to primitive impulses. And that can make forging a connection tougher than reinventing the wheel, says Vinita Mehta, Ph.D., a clinical psychologist and the author of an upcoming book that explores how our Stone Age genes can complicate modern relationships. She says the vestiges of the *really* old days will cause trouble for you unless you understand the ancestral elements in a woman's wiring. Heed our guide to these primal instincts and send your rivals the way of the dinosaurs.



1

She's Hot for Handymen

Innovators were prehistoric panty droppers. "Creativity has been essential to human courtship for half a million years," says psychologist Geoffrey Miller, Ph.D., author of *The Mating Mind*. "It means you're able to develop solutions for survival and social problems."

DO THIS Give her a custom-made gift and you'll be the man for her clan. Psychologist Ty Tashiro, Ph.D., author of *The Science of Happily Ever After*, suggests checking her Pinterest account—it may be a window into what she wants. Nothing Pinteresting? "Great creative ideas can be a matter of applying your skill in one area to another area." So if you're known for your epic fantasy football spreadsheets, design one for her *Bachelorette* bracket.

2

She Likes You Abrasive

On your face, that is. Many leading men—Clooney, Hamm, Farrell—share an aversion to close shaving. That could be key to their sex appeal, according to a study in the journal *Evolution & Human Behavior*, which reports that women find heavy stubble to be the most attractive kind of facial hair.

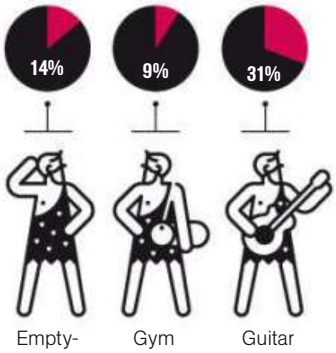
DO THIS If you tend to go clean-shaven, give it a rest for as long as a week, suggests *MH* fashion and grooming director Sandra Nygaard. Use an electric razor to clean any uneven patches, but don't go overboard. "Sharp lines will betray the effortless vibe you're going for," she says. Sideburns that aren't too bushy can help fill out the look, but make sure they don't extend past the midpoint of your ear.

THE ORIGINS OF MODERN DATING

RESEARCH REVEALS HOW PRIMITIVE IMPULSES STILL PLAY A ROLE IN TODAY'S RELATIONSHIPS.

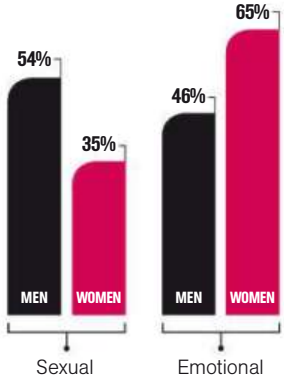
CREATIVITY STOKES HER FIRE

Women were asked for their digits by a man toting a gym bag, a guitar case, or nothing. Here's how many obliged.

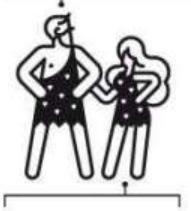


IS IT CHEATING?

Most women think emotional infidelity is a bigger deal than sexual, a recent survey found.



49%
of women will only date men taller than they are.



70%
of women are at least 5'3".

Sources: *Psychology of Music*, *Archives of Sexual Behavior*, *Journal of Family Issues*, U.S. Census

Opening page: 20th Century Fox Film Corporation/Photofest; this page: Mary Evans/IAA/Ronald Grant/Everett Collection (photograph); GORAN FACTORY (illustrations)

BRAUN
Series 9

NEW



Introducing the
World's Best Shaver
in efficiency and skin comfort*

Introducing the Braun Series 9 with the unparalleled efficiency of SyncroSonic™ technology. The Series 9 has four cutting elements on its fully flexible head that provides maximum comfort and facial adaptability for the ultimate close shave.

Learn more about Series 9 at Braun.com

*proven on 3 day beards



Did you "like" another woman's Neander-selfie? Sleep on the granite couch.

3

She Marks Her Territory

Jealousy was a useful tool for women to prevent their mate from sharing resources with other females, says Mehta. And the evolutionary drive remains: Jealous women are more likely than men to creep on their partner via Facebook, according to University of Toronto researchers.

DO THIS Make her feel like the chosen one, says Jenn Gunsaullus, Ph.D., a sociologist and intimacy counselor. Depending on her style, that could mean surprising her with an occasional small gift or just blocking off 30 minutes to listen—*actually* listen—while she rants about her jackass boss, says Gunsaullus. "When women feel special, jealousy tends to fall away, and your relationship improves."

4

She Wants Action, Not Words

Skepticism runs deep in the female DNA, says Mehta. If prehistoric females weren't picky about new men, they could end up as Stone Age single moms. A speed-dating study at the University of Texas found that women still react coolly to male interest in order to encourage greater effort.

DO THIS Follow through, says Gunsaullus. "Women always tell me how foolish they feel when guys flake," she says. "It's shocking how often it happens." So when you commit to a date, show you mean it, Gunsaullus says. For instance, text her midweek with a link to the badass trailer for the movie you said you'd take her to see. You'll confirm date night's still on while building excitement.

5

She Prefers to Look Up

Height in men is associated with good health and good genes, says Mehta; these traits were especially important back when health was difficult to maintain. Plus, big guys would win fights. These days, we're (mostly) too civilized for fisticuffs, but ladies' lust for tall guys still lingers.

DO THIS Height-challenged? It's cool. You have something our ancient forebears didn't: style. "Go with narrow ties, narrower lapels, and tailored clothes. Use vertical stripes, if any—never horizontal," says John Ortved, who covers style for the *New York Times*. Or wear a single color, creating one long line. "It's an optical illusion," Ortved says, "but that's all we short guys have to go on: trickery."



ARE YOU A PERV?

LET *MH* SEX ADVISOR DEBBY HERBENICK, Ph.D., M.P.H., MAKE THE CALL.

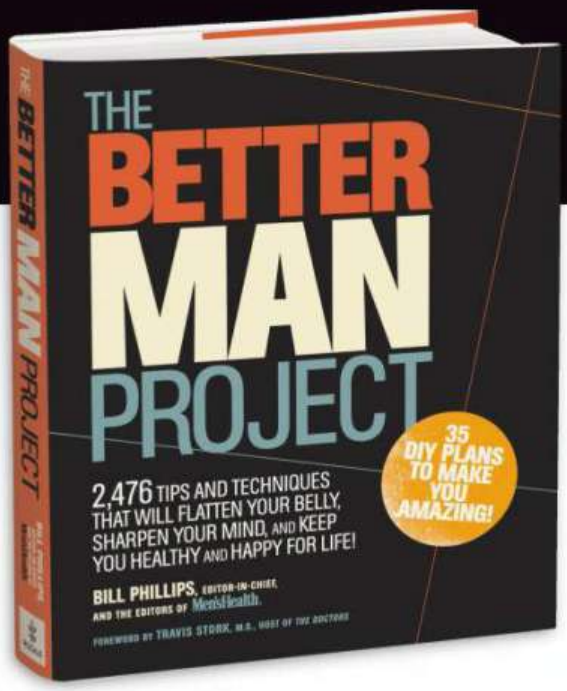
Anytime I hear of a celeb's nude pics, I have to check them out. Join the club. We're all curious about others' sex lives—and that curiosity only intensifies when it's someone we "know." That's what keeps the tabloids in business. When we see something that was meant to be private, we have a fleeting sense of what the celebrities are really like behind their tightly managed images (and tight dresses). Is it fair? No. But pervy? Hardly.

Something about getting a girl pregnant turns me on. As fantasies go, that's pretty common. Both men *and* women occasionally eroticize the idea of getting knocked up, research shows. Even some same-sex partners, as well as people who take every precaution, like to imagine a baby bump miraculously appearing. Perhaps we're hardwired as a survival mechanism to be turned on by the idea. But until you're ready, stick to birth control so you don't make the fantasy a reality.

Mary Evans/Hammer Film Productions/Ronald Grant/Everett Collection (photograph); R. KIKUO JOHNSON (illustration)

YOU DESERVE BETTER

A flat belly. Stronger muscles. Hotter sex. Career success. More respect. Greater happiness. Lots of fun. And good health for life.



The Better Man Project is the ultimate health handbook for any man who wants to live better and longer. Written by Bill Phillips, editor-in-chief of *Men's Health*, this 340-page manual is packed with thousands of useful tips and action items to upgrade your diet, fitness, health, relationships, career, and more (as easily as possible), plus specific DIY plans to make you the best man you can be.

Any man can get a little bit better each day. Every man should. Start today.

202839001

RODALE

On sale now wherever books and e-books are sold

Follow us @RodaleBooks on

Six Ways She's Judging You

A Match.com poll asked about men's most toxic first-date fails—and women had plenty to share.

1/ Phoning It In

Fixating on your phone is a top turnoff for 75 percent of women, according to the dating site's annual Singles in America survey. "She feels like she's not interesting enough to hold your attention," says Kristen Mark, Ph.D., M.P.H., director of the Sexual Health Promotion Lab at the University of Kentucky. Simple fix: Use airplane mode, Mark suggests.

2/ Yer Woids

Nearly nine out of 10 women are judgmental about how you speak. Your polish is a glimpse into her future kids. "A well-bred man is likely to have well-bred children," says Jay Heinrichs, a rhetorician and the author of *Thank You for Arguing*. "This isn't just about impressing a date; it's natural selection." Use proper English; you don't want her to, uh, misunderestimate your excellent background, Heinrichs says.

3/ Spinelessness

Fully 84 percent of women routinely check for signs of confidence. A subtle style gamble can help, says *MH* fashion director Sandra Nygaard. A tie or pocket square in a traditionally feminine color—like pink or purple—will let her know you're secure with your masculinity. Just avoid anything silky or shiny.

4/ A Foul Mouth

Research links poor dental health with even poorer bank accounts, says Marianne LaFrance, Ph.D., a professor of psychology at Yale and the author of *Why Smile?* That could be why 81 percent of women fixate on your oral hygiene. So whiten your choppers: Invest in a home kit or at least some strips.

5/ Outdated Duds

Nearly seven out of 10 women look to a man's clothing for signs of his potential as a suitable mate, the survey revealed. "Before you even open your mouth, your clothes speak for you," says stylist Jacqui Stafford, author of *The Wow Factor*. Go with a fine V-neck sweater, a crisp, button-down shirt, and tailored dark-wash jeans for a look that's sharp, not stuffy.

6/ "Vintage" Kicks

She's looking down at you: Nearly half the women surveyed said they closely examine your footwear. So skip the worn-out sneakers and upgrade to classic leather oxfords or wingtips, says Nygaard. You want a modern shape, so avoid anything wide, chunky, and square or long and pointy, she advises. "You'll look like you're living in another decade." Note: Michael Jordan *has* retired.



ILLUSTRATION BY RAMI NIEMI

SIX STAR™ PRO NUTRITION

From the Makers of MUSCLETECH™ RESEARCH & DEVELOPMENT

LIMITED TIME OFFER!

ROB GRONKOWSKI
ALL-PRO TIGHT END

OWN IT

BECOME GREATNESS

THE STACK FOR STRENGTH & POWER

Whey Protein Plus –
The Choice of Elite Athletes for Performance & Recovery

- In a 6-week study, subjects combining the core ingredients in **Six Star® Whey Protein Plus** with a weight training program gained 70% more lean muscle than subjects using regular whey protein (8.8 lbs. vs. 5.1 lbs.)
- **Enhanced with a clinically proven muscle & strength builder**
- **Delicious, satisfying milkshake taste**

Pre-Workout Explosion –
For Your Most Explosive Workouts Ever

- **Energy, focus & intensity**
- **Explosive muscle pumps & more endurance**
- **Clinically validated doses of key ingredients**

PRE-WORKOUT EXPLOSION AVAILABLE IN:

FRUIT PUNCH



70% BETTER THAN REGULAR WHEY

#1 SELLING

TOTAL 60g PROTEIN PER 2 SCOOPS

MADE IN THE USA FROM DOMESTIC & INTERNATIONAL INGREDIENTS

WIN TICKETS TO THE BIG GAME!
Sunday, February 7, 2016

Visit SixStarPro.com to Enter

No purchase necessary.

WHEY PROTEIN PLUS AVAILABLE IN:

TRIPLE CHOCOLATE | VANILLA CREAM | STRAWBERRY SMOOTHIE | COOKIES & CREAM

#BecomeGreatness

facebook.com/SixStar @SixStarPro sixstarpronutrition

PREMIUM SUPPLEMENTS. SMART PRICE.

SixStarPro.com

Available at Walmart

¹MuscleTech® is America's #1 Selling Body Building Supplement Brand based on cumulative wholesale dollar sales 2001 to present. Facebook logo is owned by Facebook Inc. Read the entire label and follow directions. © 2015

THE GIRL NEXT DOOR



Sex, dating, love, and lust. Ali Fedotowsky will now take your questions.



What's the smoothest way to approach a woman at the gym?

CLAY, SANTA FE, NM

Scoring a date in that setting is harder than a single-leg squat, but here's a trick that worked on me: Ask her for an assist. Do it when she's not busy, like when she's finishing up. Then try something like, "Hey, know how to adjust these TRX bands?" If she's in a hurry or shrugs you off, leave her alone. But if she hangs around, offer to buy her a lean, protein-packed dinner—and hope it turns into a recovery massage.

How soon can I ask out the hot new hire at my office? She's been here two weeks.

CHARLES, SAN FRANCISCO, CA

It's too soon, and you don't want to spook her by coming on strong. For now, just fantasize about all the ways—and places—you two could violate the company handbook. Spend at least a few more weeks getting to know her; that way she'll always have a soft spot for the guy who helped her early on. Then be the guy who invites her to join the gang for drinks after work. Soon enough you'll know her status—and your chances of one day sneaking a quickie in the conference room.

I lost one girlfriend because of all my triathlon training. But my current one doesn't seem to care. What gives?

BRETT, CHICAGO, IL

Um, nothing? Look, we're all different. Maybe the first girlfriend wasn't needy, just bored. Maybe the current one has a life. But if she hasn't complained about your 20-mile Saturday runs, then don't question it. My guess is she's pretty happy with those glutes you've been carving. Just invite her along once in a while. Maybe when she sees what your training is all about, she'll get into it. That said, if she doesn't bother coming to the main event to cheer you on, *then* you can start worrying.

My girlfriend posts racy selfies on Instagram. I don't like to share her. My problem?

FRANK, ANN ARBOR, MI

C'mon, Frank. Surely you knew this about her social media presence before she started giving you live performances at home. And *now* you're not cool with it? If you try to stop her now, she might accuse you of being controlling—and she wouldn't be wrong. So if she wants to keep putting herself—all of herself—out there and you're bothered by that, unfollow her and close out this relationship.

It bugs me that my mom and fiancée text each other. Should I speak up?

CHRIS, NEWARK, NJ

Even autocorrect couldn't screw up this answer: No way. Give thanks to the SMS gods for your good fortune. As long as your fiancée doesn't mind these missives, this is all good. Not only is your girl thumb-tapping her way into your mother's good graces, she's also keeping her clued in. Translation: Fewer calls that have you tied up for hours recounting your vacation in Nantucket. Let her have this one, Chris. Save your outrage for when her exes are the ones doing the texting.

Follow Ali on Facebook at MHGirlNextDoor, and on Twitter at @AliFedotowsky.

MAKE HER FEEL AT HOME

LOAD YOUR PAD WITH THESE DEAL-SEALING AMENITIES, SAYS STYLIST JACQUI STAFFORD.



SOFTER PILLOWS

Whatever you two are doing in bed, good down pillows with a high (500-plus) fill power will make her head happier than those polyester lumps.



THICKER TOWELS

Don't let her sashay to the shower wrapped in a Yankees logo. Spring for some plush, highly absorbent towels made of Turkish or Egyptian cotton.



GOOD SHAMPOO

Stock the shower with something a step up from your basic drugstore 2-in-1. In general, anything from John Frieda will make her glad she got naked.



SKIN LOTION

Look for options from Kiehl's and Bliss. Both are respectable choices that show her you take care of yourself. Offer to help with application.

Illustrations, from top: JIM WINTERS; ZACH GRAHAM (4); Patrick Randak/thelicensingproject.com (photograph)



FINISH FIRST.®

Set your goals to

PUSH

your limits.



Your workout is a regimen of effort and dedication.
You've earned what comes next. Reward your muscles with Syntha-6®.
Ultra premium protein, 10 grams of essential amino acids* and milkshake
like taste. Syntha-6® helps you recover, rebuild, and repair,
so you can return to push some more.

Team BSN Athlete
Ryan Hughes
IFBB MEN'S PHYSIQUE COMPETITOR

LEAN MUSCLE

RECOVERY

USE ANYTIME, DAY OR NIGHT

GNC · The Vitamin Shopper · Bodybuilding.com · Lucky Vitamin · amazon.com · FITR

goBSN.com

SYN-RH1 ©2015 BSN® *Naturally Occurring Amino Acids



CLIFTON
STEEL, 43 MM
SELF-WINDING
www.baume-et-mercier.com

BAUME & MERCIER
MAISON D'HORLOGERIE GENEVE 1830

HARTGERS / Wyckoff, NJ / 201.891.0044
WATCH CONNECTION / 3033 Bristol Street, Costa Mesa, CA / 714.432.8200 / watchconnection.com



The MH Life™

ENJOY YOURSELF. IT'S GOOD FOR YOU!

How Cars Drive Men

Yes, a car transports you, but it also moves you. So try to treat it right. BY JACLYN TROP

A WELL-TUNED AUTOMOBILE CAN GIVE YOU an edge in life. "When the tires are in good shape, the wheels are torqued, and the oil and filters have been changed, you feel a stronger sense of control," says Mark Wilkins, who has 29 top-five finishes racing for Kia. And people who feel in control also report greater happiness, according to a study from Johns Hopkins Carey Business School. The study didn't look at driving specifically, but "a sense of mastery in one area of your life can extend to other areas," says study coauthor Erik Helzer, Ph.D. So if your car's rolling on fresh rubber and the spark plugs are firing clean, you might actually nail that presentation you have later in the day.

Okay, so it probably takes more than a reliable car to make you a CEO (and score the reserved parking spot). But if nothing else, consider the amount of time you spend behind the wheel. For most guys, that's more than 40 minutes a day, according to an *MH* survey. And almost half of men drive longer than an hour.

How do you make the most of that time? With regular maintenance (check the manual, pal) and a few key upgrades from the experts. On the following pages, you'll find a higher gear.

PHOTOGRAPHS BY NATHANIEL WELCH



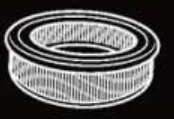
CHECK YOUR OWN LEVELS

You need fluids as much as your car does: Low H_2O can affect your driving like a 0.08 BAC (the DUI threshold), a U.K. study found. In a simulator, mildly dehydrated drivers made more errors (like hitting the brakes late and riding the rumble strips) about twice as often as they did while hydrated. Think of water as a safety essential, says Brock Christopher, manager of Porsche's human performance center. Invite a bottle to ride shotgun.



Boost Your Beams

Most vehicles on the road can't safely illuminate what's ahead at 40 mph, according to an AAA report. Blame cloudy headlight lenses; the dim light may tire your eyes and slow your reaction times, says Didier Theys, coach of the Ferrari Challenge Racing Series. See more at night with the 3M Headlight Lens Restoration Kit ($13, shop.advanceautoparts.com).



Let Some Air In

A clogged air filter can kill the fun: A U.S. Department of Energy study found that it cuts 20 to 80 mph acceleration time by more than a second in fuel-injected vehicles. Testers could feel the bog. In a '72 Pontiac with a carburetor, the effect was worse, adding nearly four seconds. A new filter costs $20, max. Change yours every year or every 12,000 miles.



Add a Hint of Mint

Drivers react faster when they smell peppermint, according to research from Wheeling Jesuit University. "The scent stimulates the part of the brain that wakes you up," says study coauthor Bryan Raudenbush, Ph.D. Skip the hanging fir tree; it could harbor hormone-disrupting phthalates. Instead, use an essential oil in a diffuser. Find one for about $8 on Amazon.



Fill Your Rubber

Our survey of *MH* readers revealed that only about a third check tire pressure monthly as they should. Low air can create a spongy feel in corners. "You'll feel physically tired because it takes more effort to keep your car under control," says Joe Bacal, a Phoenix-based stunt driver. Check PSI while the tires are cold, and then top them off the same day every month.



Stop the Bounce

Replacing worn shocks, springs, bushings, and ball joints will make your car feel more responsive, says Bacal. If you're not sure whether they're worn, use this test: Start driving in an open parking lot and turn your wheel 30 degrees—enough to move your hand from the two o'clock to the three o'clock position. If the car barely responds, it's due for maintenance.

Illustrations by TODD DETWILER

© 2015 BY RUBBERMAID COMMERCIAL PRODUCTS LLC 8900 NORTHPOINTE EXECUTIVE DRIVE, HUNTERSVILLE NC 28078



50% EASIER TO LIFT LINERS

The vented BRUTE® container makes backbreaking work easy with innovations you (and your back) will appreciate.



BUILT IN VENTING CHANNELS



CINCHES KEEP BAG FROM FALLING IN

Rubbermaid®
Commercial Products

BRUTE®

4 Sounds You Should Never Ignore

Pay attention to what your car is telling you, and you'll save huge on repair bills.



SQUEALING WHEN YOU HIT THE BRAKES

"Most brakes have warning tabs; when the pads wear down, they sound an alarm," says Corey Drake, assistant manager of Strictly Automotive in Denver. Whether it's constant or only when you brake, that squeal means your pads are below 10 percent. "If you drive through it, you'll eventually cut into your rotors, which can cost up to $600 to replace." Call the shop, now.

PAD REPLACEMENT: $280



PINGING WHEN YOU ACCELERATE

"It will sound like a hammer tapping lightly on a full metal trash can," says Drake. Check your oil first; it could be low. But more likely, your low-octane fuel isn't burning hot enough, causing the pistons to fire crookedly. It's not immediately dangerous, but over years, cheap gas can destroy your motor. Upgrade to a higher octane, and you could prevent a costly repair job.

BETTER FUEL: A FEW BUCKS



A THUD WHEN YOU GO OVER A BUMP

It will come from underneath your car, and it means your suspension system is failing at one of three points: the ball joint, sway bar, or strut, says Drake. Left untreated, your car may begin drifting, leaning into turns, or bouncing wildly on bumpy roads. "That can cause a lot of damage," he says. See a mechanic or you risk misaligned wheels, worn tires, a damaged frame, and more.

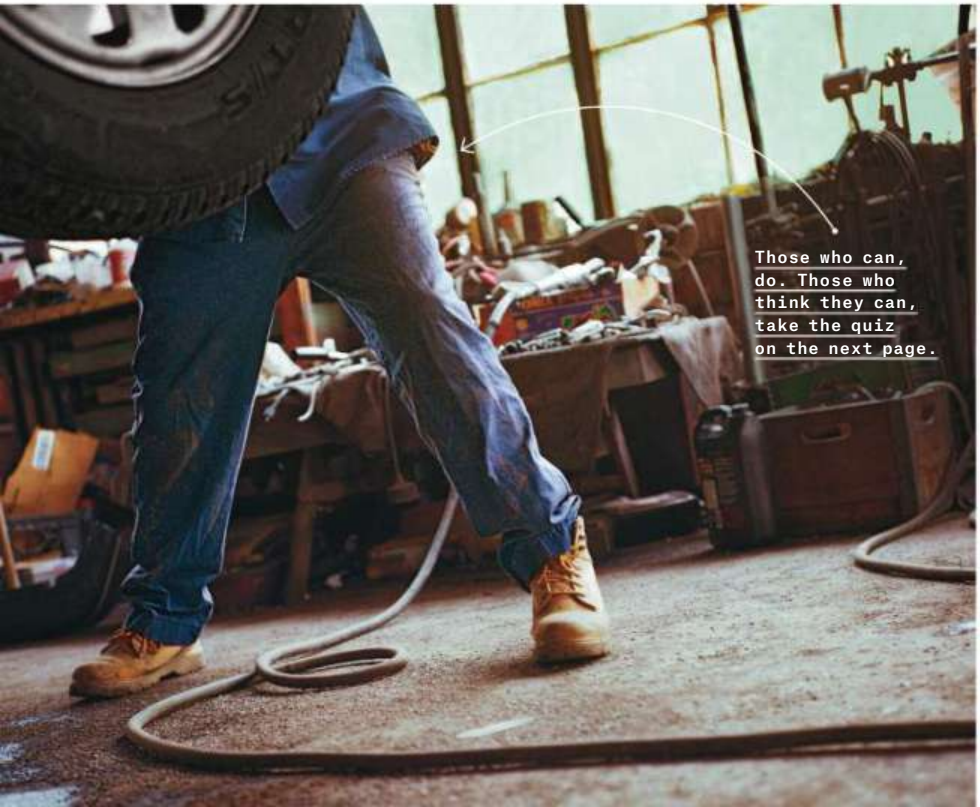
MOST REPAIRS: $250–$700



SCREECHING WHEN YOU TURN HARD

Your serpentine belt (or V-belt, in an older car) spins a set of pulleys that power the AC, water pump, power steering, and alternator. That screech means your belt is misaligned or worn down and is straining the pulleys. "If you keep driving, you could damage the bearings," says Drake. Or worse: If the belt snaps, the motor could overheat, costing you thousands. –SHARA TONN

NEW BELT: $100



Those who can, do. Those who think they can, take the quiz on the next page.

It's just like Hot Wheels, but in real life.



CHECK IN, REV UP

HAVE THE DOUGH FOR A LUXE HOTEL? THEN BOOK ONE THAT COMES WITH YOUR DREAM CAR TOO.

PORSCHE 911 CARRERA CABRIOLET
Rancho Valencia Resort and Spa, Rancho Santa Fe, CA
You'll have four hours to cruise the Pacific Coast Highway in a car that vrooms from 0 to 60 in 4.8 seconds. *From $675/night, ranchovalencia.com*

FERRARI 458 SPIDER
Castello di Casole, Tuscany, Italy
With the Ferrari Red Passion package, you'll bomb through Chianti and Siena vineyards in a $256K machine capable of revving to 9,000 rpm. *From $1,420/night, castellodicasole.com*

1957 PORSCHE 356 SPEEDSTER
Hotel Wailea, Maui, HI
The car's actually a reproduction, but you won't care when the top's down and you're on Maui's Road to Hana, a 52-mile stretch with 620 curves…and wild pigs. *From $729/night, hotelwailea.com*

PICK YOUR SPEED MACHINE
Peninsula, Chicago, IL
The Exotic Car Adventure package comes with a private track lesson and keys to Porsches, BMWs, Lamborghinis, and more. *From $4,000/night, chicago.peninsula.com* –BETHANY GUMPER

ERIC R. MORTENSEN (illustrations). Reza Estakhrian/Getty Images (garage). courtesy Rancho Valencia (Porsches)


IT'S THE STOPS
THAT INSPIRE
US TO GO.
Toyota Camry | toyota.com/camry
Prototype shown with options. Production model will vary. ©2015 Toyota Motor Sales, U.S.A., Inc.
TOYOTA
Let's Go Places



Every man should know how to handle his dipstick.

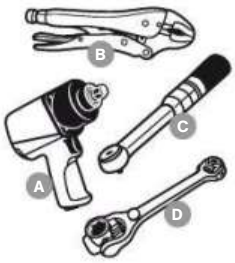
Are You a Grease Monkey? Find out how much you can be trusted under a hood.

01. Which of these is *not* a stage of a 4-stroke engine?
[A] Intake
[B] Recoil
[C] Compression
[D] Exhaust

02. A tire iron is…
[A] a wrench used to remove wheel nuts.
[B] an adjustment tool used to set alignment.
[C] a lever used to remove the tire from the wheel.
[D] an old-fashioned, seldom-used kind of golf club.

03. A rzeppa joint is…
[A] a component used to join the drive shaft to the differential in rear-drive cars.
[B] a constant-velocity joint found on virtually every car on the road today.
[C] a part that helps stiffen the rear suspension in high-performance sports cars like Maseratis and Ferraris.
[D] a marijuana cigarette rolled Italian-style.

04. Which of these would you use to tighten cylinder head bolts?

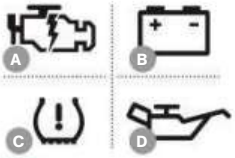


05. If you see clear, odorless fluid dripping from your car, it's probably…
[A] AC condensation
[B] engine oil
[C] hydraulic transmission fluid
[D] brake fluid

06. When is torque always equal to horsepower?
[A] At top speed
[B] At 55 mph
[C] At 5,252 rpm
[D] Never

07. Where can you find the inflation pressure recommendation for your tires?
[A] On the driver's side door jamb
[B] The owner's manual
[C] On the tire
[D] The ideal pressure is always 38 psi

08. Which of these dashboard lights should cause you to pull over immediately?



[A] Check-engine light
[B] Battery light
[C] Tire pressure light
[D] Oil pressure light

09. The idle is rough. It's probably…
[A] a blown head gasket
[B] a worn timing belt
[C] a vacuum leak from a cracked hose
[D] a squirrel in your air intake

CHEAP PARTS CAN COST YOU

"Lately I've been dealing with these customers who show up holding questionable parts they bought online. Unfortunately, what they don't know is that the $150 water pump, even though it looks the same as my $225 part, won't hold up as long. The customer may end up paying for the repair twice. So when you come in with your bargain catalytic converter from the Internet, it makes me nervous. Look, my job is to keep your car healthy, and I take pride in doing that."

—CURTIS MARR, OWNER OF CMARR AUTOMOTIVE IN SEATTLE

HOW MANY DID YOU ANSWER CORRECTLY?

0–3 / Auto Idiot: Bribe a Mechanic
Gifts go a long way. "If someone brings us coffee and doughnuts, the least we can do is put a little extra effort into their car," says Ray Magliozzi of NPR's *Car Talk*.

4–6 / Shop Apprentice: Pay Attention
Once a month, take a drive on a quiet street for five minutes with your windows down, says Magliozzi. Hear anything unusual? See the previous page.

7–9 / Handyman: Relish Your Skills
Congrats! Men who do manly chores—like fixing cars in the driveway—report more sex and happier marriages, say University of Washington researchers.

ANSWERS 1. B; 2. C (IF YOU ANSWERED A, YOU'RE THINKING OF A LUG WRENCH); 3. B; 4. C; 5. A (A BROWN, SLICK PUDDLE IS DIFFERENT: IT COULD BE BRAKE FLUID. IN THAT CASE, CALL A TOW TRUCK); 6. C; 7. A (THE STICKER ON THE DRIVER'S DOOR JAMB GIVES YOU TIRE PRESSURE, THE VEHICLE'S MAX LOAD, AND OFTEN THE PAINT CODE YOU NEED FOR TOUCHUPS); 8. D; 9. C

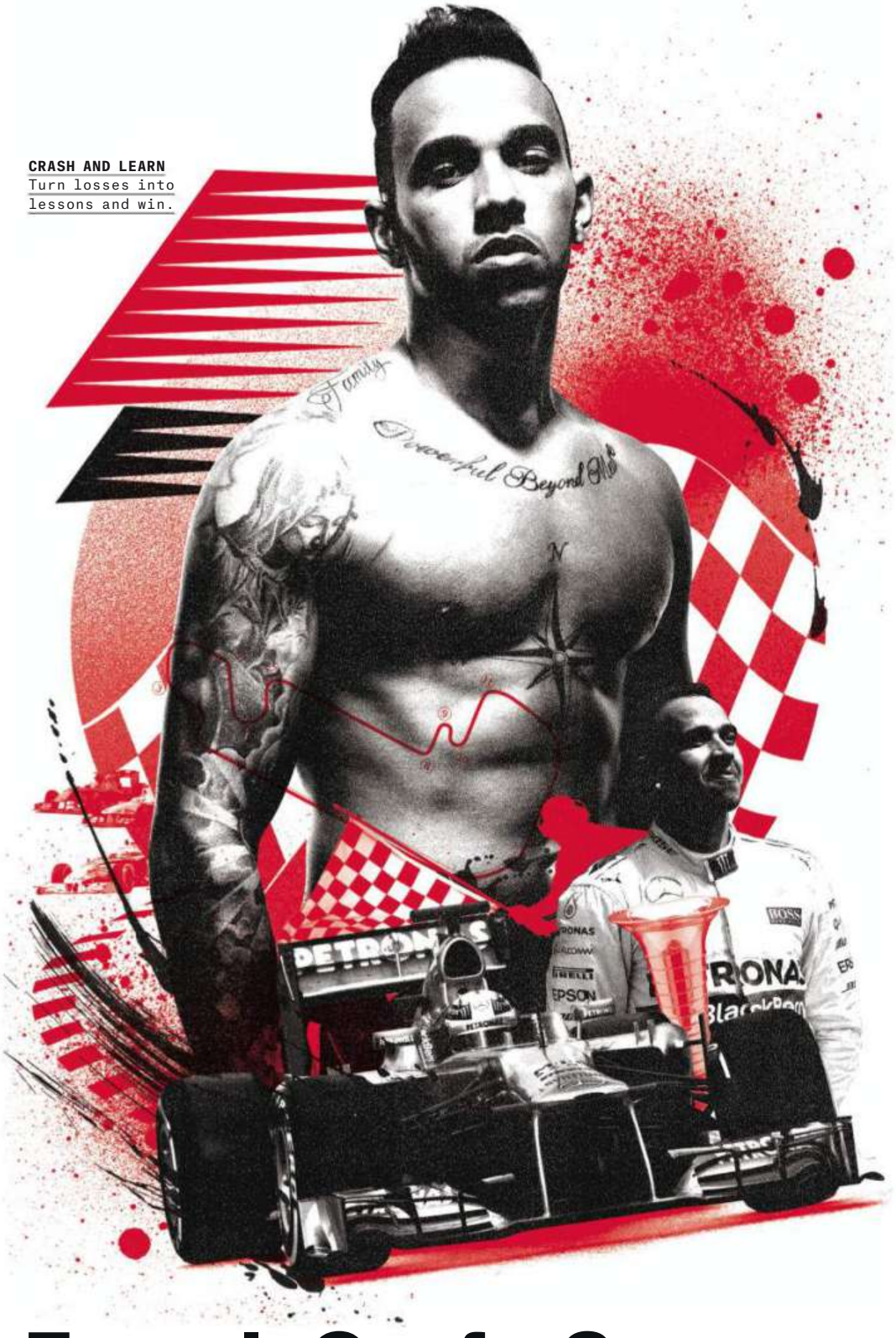
Illustrations by TODD DETWILER



WILDPEAK Tough Truck Tires take you everywhere a new experience awaits, with confidence and comfort.

FALKEN TIRE
ON THE PULSE

CRASH AND LEARN
Turn losses into lessons and win.



Formula One for Success

As he heads to the U.S. Grand Prix, Lewis Hamilton slows down long enough to help you find your own spot on the podium. BY ERIC ADAMS

BRITISH FORMULA ONE DRIVER
Lewis Hamilton is the reigning world champion in auto racing's most demanding series. At press time he's won an incredible 39 of the 159 races he's entered. How? With a big commitment to small improvements. Lots of them. "I like to push the limits on every lap," says Hamilton, 30. "I try to brake a meter later as I head into a turn, and to carry more and more speed around each corner. I know I can always improve, even if I've taken the trophy." Apply his advice to your life and you might just end up hoisting your own hardware.

1/ Ignore the Naysayers

Hamilton raced go-karts as a kid, and at age 10 he announced that he'd race F1 one day. "Adults were telling me I didn't have what it takes," he says. So he logged long hours on the track, and completed his first Formula One race at age 22. "If you're willing to sacrifice, nobody can stop you," he says. First step: Decide on your goal. Second: Pursue it relentlessly.

2/ Think Beyond the Gym

Sure, it's important to regularly break a sweat. But every bit as critical, says Hamilton, are the other three pillars of performance: sleep, water, and nutrient-rich meals. "If I take care of those, I can approach the weekend with no worries," he says. The strategy helps him withstand the g-force stress of cornering at up to 200 mph. Imagine what it could do for you.

3/ Pick Up an Instrument

Hamilton's Caribbean heritage inspired his passion for music, which led him to play drums and guitar as a kid. Now he keeps his mind sharp between races by writing songs and spending time in the recording studio. "I get a little better each time, just like on the track," he says. If you're not pushing against your boundaries, they're closing around you.

4/ Leave Failure in the Dust

In May, Hamilton ran a nearly perfect race in Monaco. But a needless call to the pit cost him the trophy. His reaction? Prep for the next race. "There's no point in dwelling on what already happened," he says. His team learned and then moved on. Remember that when your own near-victories slip through your grasp. "All you can do is shape the future," says Hamilton.

David Clerihew (photograph)

ILLUSTRATION BY MILES DONOVAN

10 VS 1

MACH3® FEELS BETTER THAN

A BRAND NEW DISPOSABLE,*

EVEN AFTER 10 SHAVES





©2014 P&G

Gillette MACH3

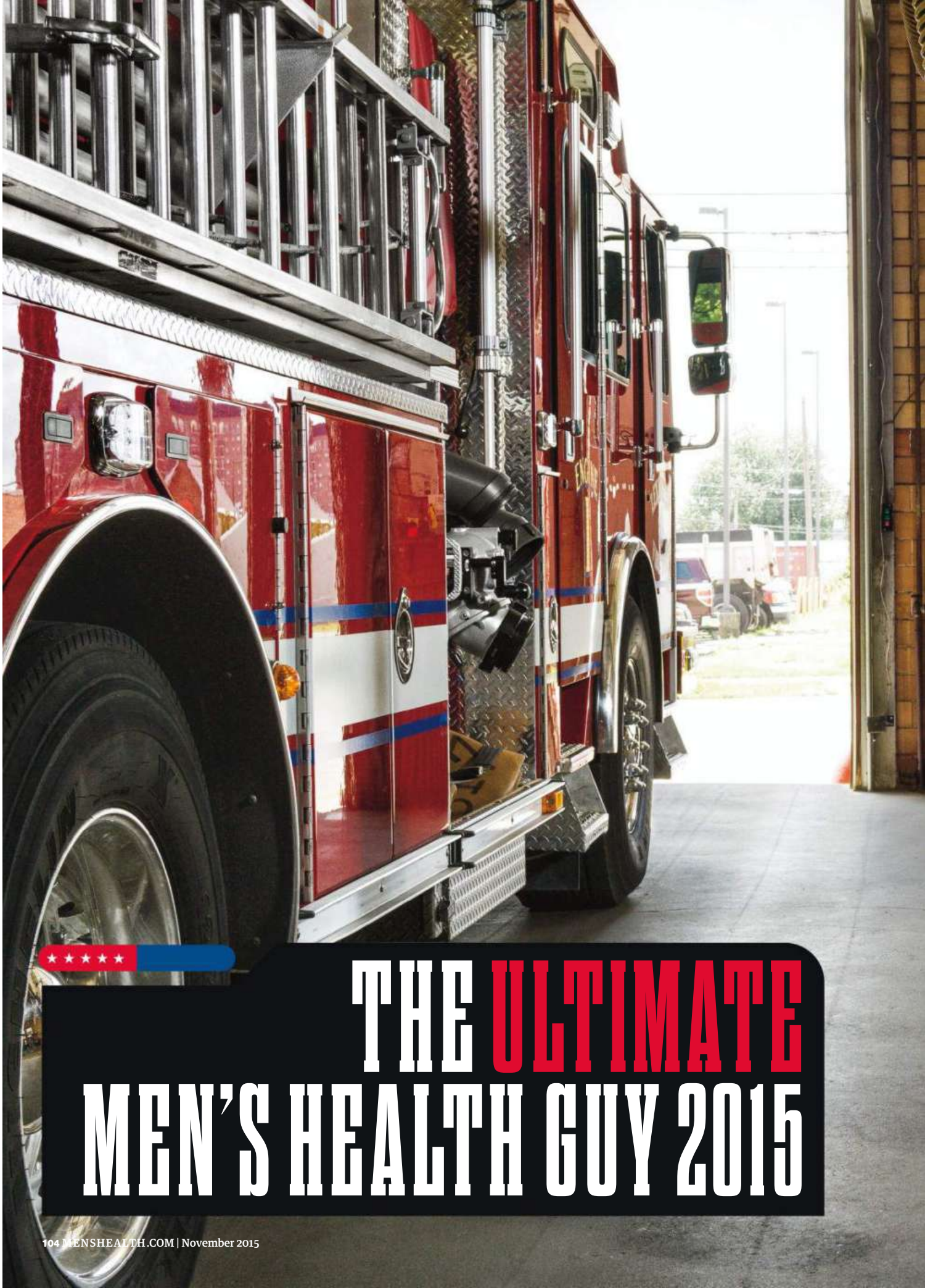
CLOSER SHAVE*

ZERO REDNESS**

Gillette®

THE BEST A MAN CAN GET™

* VS. Gillette® Custom Plus®
** It's possible with MACH3®



THE ULTIMATE MEN'S HEALTH GUY 2015



This year's cover contest drew 837 guys who embody selflessness, grit, and triumph. Their stories can inspire you to greatness.

BY JOE KITA
PHOTOGRAPHS BY JOHN LOOMIS

THE CHAMPION
Tim Boniface, firefighter and EMT, Lexington, Kentucky.



★ WINNER

THE RESCUER

Firefighter Tim Boniface answers the call for help. Yours. Ours. His own.

WHEN TIM BONIFACE RESPONDED TO THE 911 call, he found a motionless baby girl at the bottom of a staircase. The seven-month-old had two huge bruises on her head from the fall, and her heart had stopped.

Boniface had been thoroughly trained at the fire academy and EMT school. But a man can never be fully prepared to gather up a limp, featherweight body, sprint back to the ambulance, cover that tiny face with a bag valve mask, and push down on her small chest with two fingers, willing her heart to beat. The siren's wail was barely louder than the mother's as the crew raced—never fast enough—to the hospital's pediatric trauma unit.

"Although we did strong work as a crew that night, when we left the hospital I was pretty disheartened," says Boniface, 36. "She went straight



COURAGE TO BURN
It took Boniface three tries to qualify for a position with the fire service.

into surgery, and things looked grim. I had to take the next shift off because it hit me so hard. A lot of guys go their entire careers without having to respond to even one unresponsive child. This was my fifth in seven months."

Another tough thing about Boniface's job is not knowing how things turn out with the people he helps. Because of privacy regulations, the status of patients is closely guarded, even from emergency personnel. So Boniface's only solace might be knowing that he did his best.

But about two months later, Boniface learned that his best is pretty damn good. Good enough, in so many ways, that he has richly earned his title as 2015's Ultimate *Men's Health* Guy.

Boniface was backing the ambulance into its bay at the fire station in Lexington, Kentucky, when he noticed two women with a baby stroller. "They asked if this was EC4, which is our ambulance number," he says. "When I nodded, the older woman started crying and said, 'You saved my granddaughter.' And then the mother started crying. Then I looked at the baby. They let me hold her. Her wispy blond hair was already growing over the surgery scar. I started to lose it too. I brought them into the station, introduced them to the other two guys on our crew. The baby made a full recovery. It was a good reminder why I left a career in finance. I think of it often when things get tough or overwhelming."

To be rich, or to be fulfilled? If Hamlet were around today, that would be his question.

Most men grapple with it daily. Boniface (*bon-ah-FAH-chee*) found his answer. After 10 years in the banking business in New York and Virginia, he watched the Pentagon smolder on 9/11 from his office in Alexandria. Later he learned that two friends died that day in the Twin Towers.

Suddenly, his career—his life—seemed intolerably selfish. Boniface had been fascinated with emergency service ever since he visited a fire station at age 6. Plus, he had experienced personal loss—he was 20 when his dad, a Vietnam veteran, died. Not long after that, his older brother was severely injured in a car wreck; Boniface and his mother faced the decision to pull the plug. They finally had to do it, but knowing he was an organ donor gave them a little comfort. His heart, at least, could live on. Years later, they met the grateful recipient, and Boniface gleaned the lesson: One man can make a life-changing difference.

So he quit his job and sought his dream. But it wasn't as simple as showing up at a fire station and rescuing children. Of the estimated 1,141,000 U.S. firefighters, 786,000 are volunteers, so competition for full-time jobs is intense. That's where Boniface's meatballs come CONTINUED ON P. 138

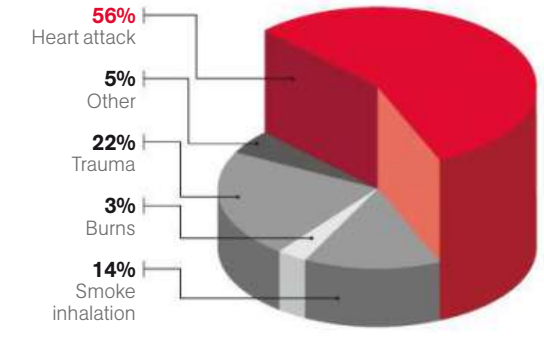
TIM BONIFACE'S SUPERSECRET MEATBALL RECIPE (WHICH GOT HIM HIRED)

1/ Preheat the oven to 375°F. In a big bowl, mix 1 pound each of veal, chuck, and hot Italian sausage with 1 egg, 5 cloves minced garlic, 2 Tbsp Italian seasoning, salt, pepper, 1 cup bread crumbs, and ¾ cup Parmesan. Form into golf-ball-sized orbs.

2/ In a large baking dish, add the meatballs and 1 cup dry white wine. Cover with foil and bake for 25 minutes. Flip the balls and bake 7 minutes.

3/ Cook a 16-ounce box of pasta. To serve, mix the pasta with 2 cups vodka sauce and top with the meatballs. Add some fresh basil. *Makes 12 to 15 servings*

WHAT KILLS FIREFIGHTERS ON THE JOB?



Lifesaving Fitness

Tim Boniface works out five days a week and leads fitness sessions to help his coworkers stay in peak shape. See "The Firefighter Workout" on page 113 for a training plan you can use too.

Source: National Fire Protection Association



CALL OF DUTY
Danny Farrar with his daughter, River, at SoldierFit in Columbia, Maryland.

DANNY FARRAR WAS SELLING WINDOWS and siding door-to-door in Maryland. It was his first tour of civilian duty. Two weeks earlier he'd been stationed in Iraq, finishing up nine years of military service. One afternoon he approached a woman in her garden outside a pleasant-looking single-family home. He greeted her and started his pitch, but that's as far as he got.

"She started screaming, 'Get out of here! Go bug someone else!'" recalls Farrar, 35. "I tried explaining that I was a veteran, that I was just trying to make a living, but she didn't give a shit. It hurt, but I needed that. It made me question what the hell I was doing. It was like that scene in *The Hurt Locker* when the vet is standing in the supermarket aisle trying to decide which cereal to buy. You go from life-or-death decisions to this."

Farrar quit that sales job but fumbled around in search of the prize in his cereal box. For a while, it looked as if there was none. He struggled with post-traumatic stress disorder. In Iraq, he'd been a gunner on a convoy team that completed more than 700 missions. "My entire war took place on the road," he says. "When I returned I had a hard time. I was hypervigilant. I'd look at overpasses and expect to see a grenade thrown down. Driving past debris on the road freaked me out." He ballooned to 280 pounds (he's 180 now). He was homeless for several months, and in one fit of despair, fueled by booze and exacerbated by insomnia, he tried to hang himself with a bedsheet. Next stop: a psych ward. At that point he had a simple realization: "I was the architect of my own unhappiness. The only way I was going to get better was to admit weakness and ask for help."

Farrar began training in mixed martial arts and eventually started working with other guys in the gym. That led to meeting his business partner and cofounding SoldierFit, a fitness franchise with a military-inspired mindset. Everyone at the gym is issued a standard "uniform," and there are no mirrors (to limit self-consciousness and flexing). The facility offers military-style workouts—think body-weight boot-camp classes and functional fitness drills—plus MMA training and even yoga. The emphasis is on pride and inclusion rather than ego. Farrar now oversees three SoldierFit franchises with about 3,000 members.

At the same time SoldierFit was taking off, Farrar founded 22 Needs a Face, a nonprofit dedicated to drawing attention to the estimated 22 veterans who commit suicide every day in America. To put that in perspective, 6,828 U.S. military personnel have been killed since the "global war on terror" began in 2001. In those same 14 years, an estimated 70,000 vets have taken their own lives.

Through his unique gyms and charitable work, Farrar is not only raising public awareness of this issue but also saving lives. Later this year, he'll award a franchise to a veteran—a practice he intends to continue annually. So what needs to change about how this country treats its vets?

"We need to get past #Charity," says Farrar. "I'm not saying I don't appreciate a thank you or a cheeseburger you buy for a vet at the airport. But if you really care about what happens to vets, then make sure they're getting mental help if they need it and that they actually know what it takes to transition out of the military and into a workforce. Take definitive action. Go out and do something."

★ FINALIST

THE SURVIVOR

Danny Farrar uses fitness to battle his demons and help others find peace.

DANNY'S MARCHING ORDERS

ON BEING A SELF-MADE MAN
"That term is b.s. So many people help us along the way. Acknowledge them."

ON HARD WORK
"Everybody wants to be a rock star, but nobody wants to practice in the garage."

ON FORGING LUCK
"Every opportunity I've ever had came because I did something for free."

ON SELFIES
"We've become too self-absorbed. This arrogance is cancerous to teamwork."

ON LEADERSHIP
"Share knowledge. Train your replacement—create leaders, not followers."

"SOLDIERFIT SAVED MY LIFE"

"I had substance-abuse issues and was homeless. SoldierFit pushed me. Now I'm back in school and pursuing a master's."
—JOHN THORPE, 29, FORMER ARMY COMBAT MEDIC, GERMANTOWN, MD

"I had cancer and could bench-press just 100 pounds. Now I can press 350, and I've learned to set higher standards for myself."
—ANTOINE ROBINSON, 37, FORMER ARMY STAFF SERGEANT, GAITHERSBURG, MD

"At SoldierFit, there's truly no judgment. Everyone helps everyone. It's not a gym but a huge extended family."
—JOSEPH WILBIK, 50, RETIRED ARMY CORPORAL, HEDGESVILLE, WV

Styling: Brian Boyé and Dan Michel; hair: Ryutaru/Hailey Resources; makeup: Claudia Andreatta/Hailey Resources (portraits on white throughout). Nike tank top (opposite); shield illustrations by RADIO; illustrations by TODD DETWILER



"If I hadn't been humbled by all my life experiences, I wouldn't have been ready for the success we've achieved. I would have burned it to the ground."

"Becoming myself is what made me more confident. I define success as any kind of barrier you break down in your life."



★ READERS' CHOICE

THE PIONEER

Most guys are born to the gender. Aydian Dowling earned his.

AS THE BLACK CHEVY SUBURBAN PULLS up to where he's been waiting, Aydian Dowling opens the door. "Ladies first," he says to the young woman beside him. Coming from any of our other Ultimate Guys, this gallantry might go unnoticed, but for Dowling, it's an insight into his life journey.

That's because Dowling, 28, is a transgender man, meaning he confuses the hell out of most people. In fact, for the first 21 years of his life, he confused the hell out of himself—so much so that he tried to commit suicide in 2002 with NyQuil and pills.

"I didn't want to be trans," says Dowling. "I was scared, and I thought being a lesbian was hard enough." At 13, Dowling—then identifying as a girl—developed a crush on another girl, and at 16, he came out as gay. By 21, he was dressing in men's clothes, but it wasn't until his then-girlfriend asked him the pivotal question—"Have you ever wanted to be a man?"—that Dowling gave any thought to being transgender. One night, as he stared at his pink bedroom walls and the men's clothes crowding his floor, he reached his tipping point. "If you removed the color from my walls, you'd think you were in a guy's room," he says. "I broke down. I was sick of not living my life just because this is the one I was given."

Dowling began his first dose of hormone therapy in October 2009 and since then has injected himself with testosterone weekly. The changes were radical ("I never knew how hairy men were!"), but not once did they strike him as odd. "It just felt like I'd finally finished growing up." He had his breasts removed in 2012 but hasn't changed his genitalia—and may never. He's comfortable with his masculinity as he defines it.

Dowling has emerged as a leading voice of the trans world (which comprises some 700,000 people in the United States). He won our contest's online vote (72,672), talked about his candidacy on *The Ellen DeGeneres Show*, and founded BeefHeads Fitness, a YouTube channel geared toward helping trans people build muscle. "I'm most proud when I see someone I'm helping grow in confidence," he says.

Frankly, we didn't know what to expect with Dowling in the mix as our Ultimate Guys gathered in Manhattan this August for a beefcake blitz and cover shoot. But another finalist, Iraq war veteran Danny Farrar, helped put things in perspective: "How sad would this world be if only one type of courage mattered?"

A WHOLE NEW MAN
Aydian Dowling with his wife, Jenilee, at Spencer Butte, near Eugene, Oregon.



8 THINGS YOU SHOULD KNOW ABOUT ME

BY AYDIAN DOWLING

1/ I am not a sexual deviant. 2/ I think of myself as a heterosexual male, even though I don't have a penis. 3/ I am happily married. 4/ I'm proof that gender is separate from biology. Whether you're male or female is not determined solely by whether you have a penis or a vagina. 5/ I am not like every other transgender person—we are all individuals. 6/ I got my muscles from working out—not taking hormones. 7/ I was not always this confident. 8/ I miss nothing about being a girl.



★ SEMIFINALIST

Lost? Find Yourself

Josh Husband, 37, a Navy rescue swimmer, has saved people on land and at sea. He trains five days a week and beats recruits nearly half his age in fitness tests. Use these tactics to make the old guy's job easier and save your own ass.



1/ IN OPEN WATER
Before heading out, tell someone! Always bring a life jacket with a mirror in the pocket to use as a signal.



2/ IN THE WOODS
Bring something orange, green, and white—colors that contrast with any environment—to use as a flag.



3/ IN THE DARK
Flash any kind of light, even from a cellphone—that's how Husband once spotted a crash victim on a peak.

Portrait illustrations by CATHERINE A. MOORE



Fuel for an Ironman

James Lawrence did 50 Ironman-length triathlons in 50 days last summer, raising awareness of childhood obesity and $75,000 for the Jamie Oliver Food Foundation. He wanted to inspire his kids—and all kids—to be active and set goals. Here he reveals his power sources.

- **STOKE YOUR STAMINA** Lawrence, 39, swam to the Rich Roll podcast on the AudioFlood iPod Shuffle and ran to Pandora's Eminem station.
- **CUSHION YOUR RIDE** By rotating through 12 pairs of Altra running shoes and wearing silicon toe sleeves, Lawrence minimized blister damage.
- **RUN ON PREMIUM FUEL** He ate a 70:15:15 ratio of carbs, protein, and fat. See below for his 9,075-calorie intake and exercise burn on day 24.



Icons by MICHAEL BRANDON MYERS

ILLUSTRATIONS BY MUTI

OMARI'S HIT LIST → **WORKOUT SONG** "Smells Like Teen Spirit" by Nirvana → **EXERCISE** Barbell complex: Deadlift–row–high pull–hang clean–front squat–push press → **ONE-WORD PHILOSOPHY** Compassion





FAMILY, MAN! Omari Grey, his wife Sakinah, and their kids near Providence Forge, Virginia.

FEELING STRESSED, LIKE YOUR PLATE IS fuller than hot-dog-eating champ Joey Chestnut's? Then you should meet Omari Grey. He's 37 and has eight kids, all under the age of 12. He delivered the last two himself. He teaches advanced algebra at the Chavez Schools in Washington, D.C., and he's also director/owner/trainer at The Body's Rights fitness studio in Sterling, Virginia.

But that's not all. During a typical conversation, Grey may casually mention he speaks Arabic, saved his 4-year-old daughter from a burning building, served as a strength and conditioning coach for the Jordanian national basketball team, escaped an angry mob in Yemen, and is creating a nonprofit retreat for urban kids on 50 acres that his ancestors purchased from former slave owners. "We're almost ready to buy the chickens," he says. And, oh yeah, he and his wife home-school all their kids and make their own furniture.

How does he do it?

A substantial part of it is the good (exhausted?) woman in partnership with him—his wife, Sakinah. She's a former high school cornerback (yep, you read that right) whom he calls the Minister of the Interior because she's a stay-at-home mom. They've been married for 15 years. CONTINUED ON P. 138

★ FINALIST

THE SEEKER

Omari Grey is building a stronger community with his smile and service.

OMARI'S LESSON PLAN FOR KIDS

INSTILL PATIENCE
"Delay gratification. I don't give them what they want all the time, and I try to model that behavior myself."

CULTIVATE EMPATHY
"We're involved in Boy Scouts. I put my boys in situations where they're serving people less fortunate than themselves."

ENCOURAGE RESOURCEFULNESS
"Working with your hands is important. All my kids cook. They all know how to change a tire. One built a wooden scooter!"

Rhone tank top (this page). C9 shorts (next spread)

THE FIREFIGHTER WORKOUT

DIRECTIONS

Do each of the workouts below once a week for a month. Perform the exercises as a circuit, moving from one to the next without rest. Once you complete all the moves, rest 2 minutes. That's 1 circuit. Do 3. Begin and end every workout with 10 minutes of foam-rolling.

WORKOUTS

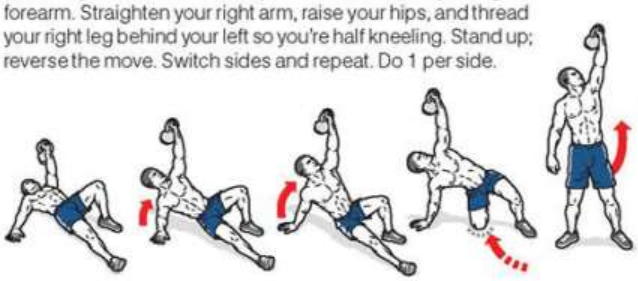
A MONDAY
- Turkish Getup
- Kettlebell Swing
- Decline Situp
- Jump Rope
- Farmer's Walk

B WEDNESDAY
- Kettlebell Swing
- Offset Suitcase Deadlift
- Decline Situp
- Shoulder Press
- Jump Rope

C FRIDAY
- Pullup
- Pike Pushup
- Decline Situp
- Walking Lunge
- Wall Toss

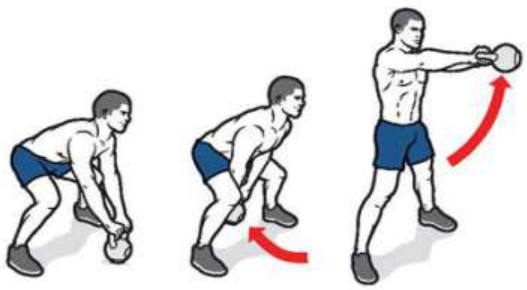
Turkish Getup

Lie with your left leg bent, right arm out to your side, and a kettlebell in your left hand above your chest. Roll onto your right forearm. Straighten your right arm, raise your hips, and thread your right leg behind your left so you're half kneeling. Stand up; reverse the move. Switch sides and repeat. Do 1 per side.



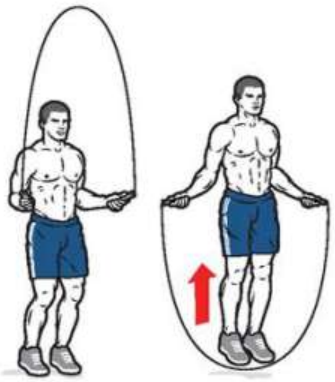
Kettlebell Swing

Set a kettlebell on the floor. Spread your feet, push your hips back, and grab the handle. Swing the weight between your legs and then up to chest level, thrusting your hips. Swing it back between your legs. That's 1 rep; do 10.



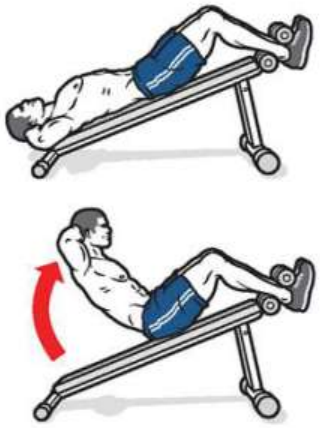
Jump Rope

Hold the handles of a jump rope and stand with your arms at your sides and the rope on the floor behind you. Swing it over your head and down toward your feet. Jump on the balls of your feet. Land softly, never letting your heels touch down. Continue for 60 seconds.



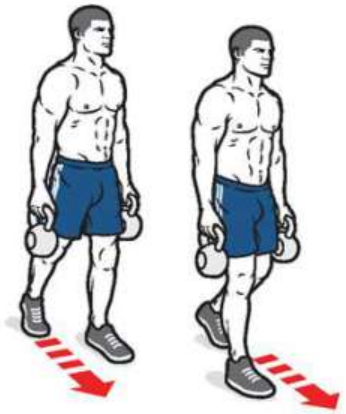
Decline Situp

Lie with your back on a decline bench with your legs secured in the footrests and fingertips behind your ears. Raise your torso off the bench. Pause at the top; then return to the starting position. That's 1 rep; do 20.



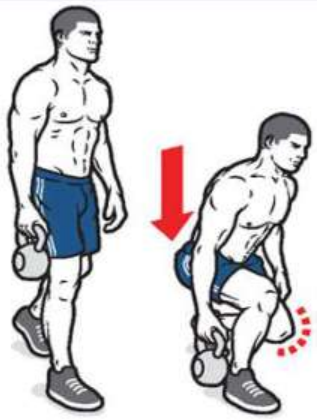
Farmer's Walk

Grab a pair of kettlebells (each half your body weight) and let them hang naturally at your sides. Keeping your chest up and shoulders back, walk forward for 50 yards and then turn around and walk back.

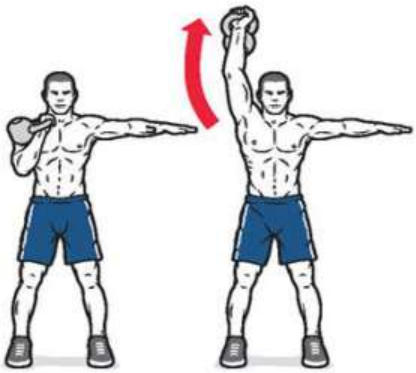


Photographs by JOHN LOOMIS; illustrations by +1SM; crest illustration by RADIO

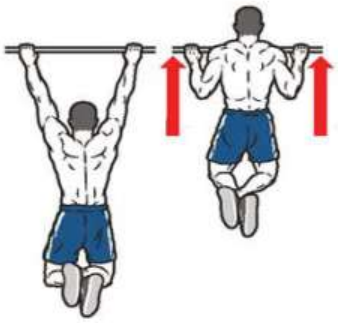
Offset Suitcase Deadlift
Holding a kettlebell in your right hand, stand with your right foot forward and left heel off the floor. Push your hips back, bend your knees, and lower your body until the weight is ankle high. Pause, and rise back up. Do 12 reps, switch sides, and repeat.



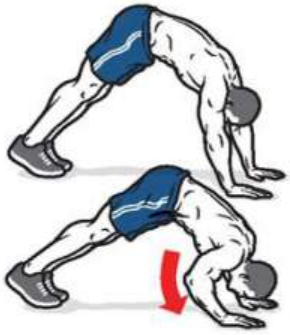
Shoulder Press
Stand tall holding a kettlebell just outside your shoulder with your opposite arm extended to the side. Brace your core and push the weight directly above your shoulder. Slowly lower the weight back to the starting position. Do 5 reps, switch sides, and repeat.



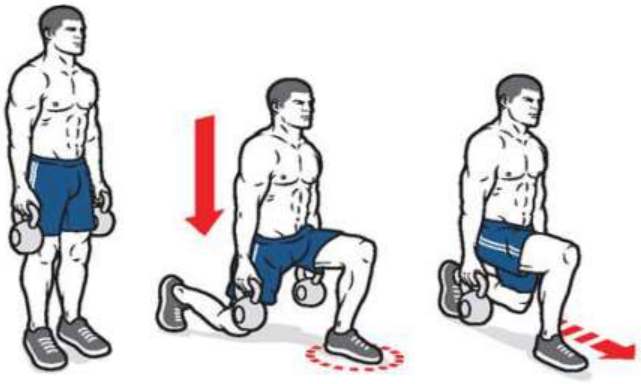
Pullup
Grab a pullup bar using an overhand grip that's slightly beyond shoulder width, and hang at arm's length. Pull your chest to the bar, squeezing your shoulder blades together. Pause, and then slowly lower your body back to the starting position. Do 5 reps.



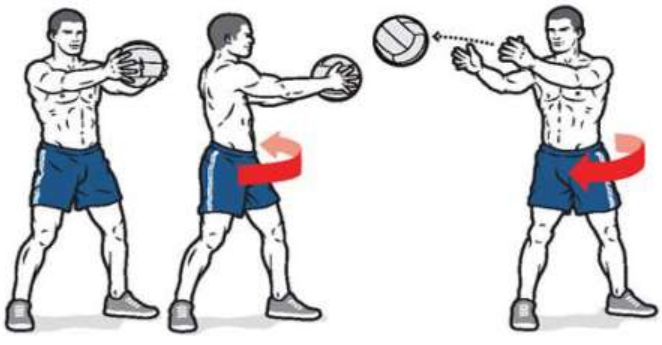
Pike Pushup
Assume a downward-facing-dog position—feet together, arms straight, and hips raised. Bend your elbows and lower your body until your forehead nearly touches the floor. Push yourself back up to the start. Do 5 reps. Too easy? Try it with your feet on a bench.



Walking Lunge
Hold a kettlebell in each hand. Brace your core and step forward with your left leg, lowering your body into a lunge. (Your right knee should almost touch the floor.) That's 1 rep. Stand and immediately repeat with your right leg. Alternate legs so you're "walking." Do 20 reps (10 per leg).



Wall Toss
Stand with your right side 3 feet from a wall and your feet slightly beyond shoulder width. Hold a medicine ball straight out in front of your chest. Rotate left and then quickly right, tossing the ball into the wall. Catch it. Keep tossing and catching for a total of 7 reps. Switch sides and repeat.



HEY, TIM, HOW'D YOU GET SO DAMN BIG?

"I've been lifting since I was 13. That's 23 years of heavy-ass weights. I eat six meals a day consisting of 40 percent protein, 35 percent carbs, and 25 percent good fats. Before a workout, I sip a booster with creatine and BCAAs or pound an espresso. I also drink lots of shakes. I like Carnivor beef protein in chocolate flavor; I can't use whey due to a milk allergy. But the key is consistency. Wake up. Train. Eat. Repeat!"

TIM'S HIT LIST → **WORKOUT SONG** "Breathe" by Fabolous → **EXERCISE** The deadlift ("Best total-body exercise ever.") → **ONE-WORD PHILOSOPHY** Therapy ("That's really what fitness is. The weight bench and squat rack are my psychiatrist's couch.") → **KRYPTONITE** "Vomit. Blood has never bothered me."

Why does Tim Boniface run into burning buildings? He has the body to get back out.



IF YOU WANT TO SEE functional strength defined, watch a firefighter, says Charles Bustos, who battles blazes full-time with the Albuquerque FD and co-owns Firebellz gym. "You need power to break down doors, strength to climb walls, and stamina to crawl for extended periods." If you're already a firefighter, this 30-day plan will give you the total-body fitness you need to do your job better. But you don't have to fight fires for a living to see the benefits—this workout will help you overcome any obstacle life throws at you.

—TREVOR THIEME, CSCS

THE FIREFIGHTER WORKOUT

Torch fat and build real-world strength with the fireman's plan for every man.



THE NEW FIREMAN'S CARRY: GET FIT, SAVE A LIFE

1. Position the victim on his back; kneel at his head.

2. Raise his head and torso 90 degrees.

3. Wrap your arms around his chest. Stand and drag.

ILLUSTRATIONS: TODD DETWILER

paddles and start rowing. "It really hits your shoulders." → **ONE-WORD PHILOSOPHY** Give



★ SEMIFINALIST

Outsmart Anxiety

Brian Muñoz, a decorated cop, talked his way out of a deep funk.

In 2011, Muñoz left the police department in Clearwater, Florida, to pursue an opportunity in sales. But the father of three became increasingly anxious about his finances. One day he suffered a panic attack. A doctor prescribed antianxiety meds and told him his perfectionism was making him depressed. So Muñoz eased up on the negative self-talk and set more realistic goals. Within three months, he'd weaned himself off the meds and reapplied for his old job, where he still works today. Now Muñoz, 34, trains recruits, coaches youth soccer, and runs Nutribody Warrior Camp.



★ SEMIFINALIST

Defy Your Disease

Alex Flynn is fighting early-onset Parkinson's one stride at a time.

"Nothing prepares you for being diagnosed with a neurodegenerative disease," says Flynn, 43. "I was as low as I could possibly go for four months." But then Flynn set a goal: Run 6,213 miles and raise funds to find a cure for the condition that robs him of movement every day. The husband and father of three boys hit that goal and raised more than $650,000 (alexflynn.co.uk). His fitness has slowed the disease's progression. "I want my sons to know I didn't give in. Whatever they face in life, they have the strength to overcome." His new quest: Row across the Pacific.

ADAM'S HIT LIST → **WORKOUT SONG** "Gonna Fly Now" by Bill Conti → **EXERCISE** Canoes: Hold a 45-pound barbell, arms forward at shoulder height. Then imagine you're holding

★ FINALIST

THE GUARDIAN

SWAT team member Adam Wheeler teaches us to face any challenge.

IF YOU SAW *TERMINATOR GENISYS*, THEN you're aware that Arnold's days in this role are numbered. We've found a worthy warrior prototype to replace him. During our photo shoot, we actually tried to pinch Adam Wheeler to see if he was real. But with his chiseled physique, there was nothing to pinch. Wheeler, 34, is a Colorado Springs SWAT team officer, a two-time Medal of Valor recipient, and—oh, yeah—the 2014 world champ in Brazilian jujitsu and a 2008 Olympic bronze medalist in Greco-Roman wrestling.

Wheeler's heart is about as big as his muscles. He and his wife have two young sons, but they also became the guardians of his teenage adopted sister, Catherine. He understands some of the challenges of being a teenager.

"I grew up on welfare in a rough area of California after my parents divorced," he says. "I was hanging with the wrong crowd, smoking pot, and skipping school. Then a wrestling coach stepped into my life and got me back on track. He made a huge impact. I want to be that person for others." Now Wheeler teaches jujitsu to both kids and adults. And with his mentoring, Catherine now earns As and Bs and will graduate from high school next year.

One of Wheeler's greatest fears is that he'll fail to raise his two boys to be positive, productive men. "I don't want them to see all the negative stuff and become negative," he says. "The best way to do that is to lead by example. Want honest, hardworking sons? Be an honest, hardworking dad."

This dad is on call 24-7 and participates in 130 to 150 SWAT raids a year. Wheeler's 13-member squad debriefs after every mission to identify weaknesses and improve. It's an approach that can work for any team. They focus on three things: (1) Honesty: Don't hold anything back. Tell people when they've messed up. (2) Humility: Admit when you've made a mistake. (3) Short memory: Don't carry a grudge; move on to the next mission.

On one raid in 2012, Wheeler shot and killed an armed assailant who was threatening him and fellow officers. His voice quavers as he tells the tale. "It's a difficult story," he says, "and even though I received a Medal of Valor, I'm not proud of doing it. It's not human nature to do that, and it's something I'm still dealing with."

Wheeler knows that police are a target right now. "Some cops mess up," he says. "But honestly, 99 percent of cops want to do the right thing, and they take pride in helping people and performing public service. We shouldn't forget that."

ANSWERING THE CALL
Adam Wheeler exits the SWAT BearCat vehicle in Colorado Springs.



HOW THIS COP SWATS STRESS

IN THE MOMENT
"Before a speech or a raid, I breathe deeply for 30 seconds. I focus on the details of the job, not about what could go wrong."

IN THE GYM
"Exercise, especially jujitsu, is my stress outlet. You have to focus on the guy in front of you. It takes my mind completely off work."

IN THE CAR
"When I'm driving home, I think about leaving work behind." He pictures the job getting smaller and smaller in the rearview mirror.



TAKE DOWN A BAD GUY (OR A BEAR)



1/ SIZE UP THE WILDLIFE
Adam Wheeler uses a signature arm drag to subdue suspects (and wrestlers and guys in bear suits). First, get low and approach the opponent.



2/ GET IN ARM'S WAY
When the assailant lunges at you, block his arm and grab his wrist with your same-side hand; then pull his arm across your chest.



3/ ADD A NEW TWIST
Shoot your other hand under his upper arm, hooking your arm above his elbow. Continue to pull his arm and step behind the marauder.



4/ MAKE A BEAR RUG
From there you can either slam him down with a hip thrust or just hang on his back until help—like your SWAT team—arrives.

FIX YOUR WHOLE LIFE

Our guys showed us hundreds of ways to lead healthy lives. Here are the *Men's Health*iest!

The Boss of Burpees

Cameron Dorn, 27, set a world record for most burpees completed in 24 hours. "The key: Start slow and finish strong."





ALMANZO KAUFMANN, 36

"Three and a half years ago I went blind from diabetes. I weighed 407 pounds. So I went to work: In 17 months, I dropped 222 pounds. I train 12 hours a week doing intervals and weights. I write down everything I eat every day—calories, fat, protein, and carbs—in a book. Now I have my eyesight back."



TRANSFORMATION TICKER

POUNDS OF FAT LOST 300 225 80 45 0

The Biggest Badasses

Members of all the armed services entered the contest, along with surgeons, MMA fighters, even an acrobat. These guys personify grit.



The Sniper
Sergeant Guy Higgins, 28, is a recon sniper with the Marines and has a black belt. His gym mentality rocks. "When your body feels like it will fail but your mind says, 'We're not done yet,' that's what amps me up," he says.



The Powerlifter
Born with cerebral palsy, Benjamin Cummings-Jackson, 22, wakes up with pain and has muscle spasms all day. He works out to keep up the mobility he needs for daily life. He weighs 135 pounds and can bench 270.



The Gardener
After multiple sclerosis landed him in a wheelchair, Kevin Smith, 31, decided to train three times a day. Now he can walk. "I've also started an organic garden. It's therapeutic and a total-body workout. So it's a win-win."



CHRISTIAN JACOB, 37

"I eliminated soda and switched to an eating plan that emphasized whole foods. My late-night snack is sliced apple, pear, or banana dipped in plain Greek yogurt that I mix with chocolate fiber powder. With 25 grams of protein, it's filling. Plus, it's packed with antioxidants and tastes amazing."



JOE SIMONET, 37

"I wanted to gain functional strength, not just sheer size, so I could excel in outdoor activities like ice climbing and trail running. I hit the gym for an hour four days a week, doing explosive lifts. The rest of the time, I'm in the wild doing adventure sports. Now my body fat is 11 percent, my healthiest ever."

The Stress Busters

From cancer and Crohn's disease to divorce and bankruptcy, *MH* guys are constantly conquering adversity. Swipe their strategies.



Make a Pal Laugh

"Do one thing daily for someone else. Buy coffee for a colleague, drop off soup at a sick person's house, email someone a funny video. Doing something for another person feels good." —*Shaun Kyser, 30, lymphoma survivor*



Give Yourself a Halo

"When you're productive in one area—say, washing the dishes—you generate a healthy sense of control that halos to other areas of life. It gives you momentum to take on tasks." —*David Lipton, Ph.D., 61; his son beat leukemia*



Lead a Kids' Team

"I coach youth football and track and field. After spending hours at work or with difficult adults, it's a relief to be with a group more into playing and having fun than anything else." —*Andy Gallardo, 47, testicular cancer survivor*



JAMES WOODS, 40

"Every Sunday I plan out my meals and snacks for the whole week. That way there are no surprises and I can stay on track. Of course, I hold back 20 percent of my calories for cheat meals. My favorite is an In-N-Out Double-Double with a Neapolitan shake. Every pound I lose makes me feel more energetic."



RICK BLANDFORD, 58

"After cancer I had no muscle and zero appetite. The doctors told me to strength-train three times a week and eat more protein. I also ran three days a week. Doing that jump-started my appetite."



DAN STEIN, 32

"For years I battled body dysmorphic disorder—I just didn't like the way I looked. I trained way too much and ate too little food. I decided to change. Now I eat a balanced diet and work out once a day."

GREAT CAUSE → Derek Yates lost his brother to a drunk driver, then founded IN3 to raise awareness. That driver now helps IN3. "Her part makes an impact."



We Salute You, Sir

Paratrooper Timothy Payne stepped on an IED in Iraq in 2011. He's had over 150 surgeries; his upbeat attitude inspires us.



A/ RIGHT LEG 45 surgeries, amputation
B/ LEFT LEG 40 surgeries, amputation
C/ RIGHT HAND 1 finger amputation
D/ LEFT HAND 2 finger amputations
E/ LEFT FOREARM 20 surgeries
F/ PENILE RECONSTRUCTION 30 surgeries
G/ PELVIS 7 surgeries
H/ ABDOMEN 5 surgeries
I/ SKIN GRAFTS multiple
J/ EAR 1 surgery

100+ BLOOD TRANSFUSIONS

"I swim a mile and a half every day—it washes away negativity," says Payne.

Portrait illustrations by TODD DETWILER. Icons by MICHAEL BRANDON MYERS; photographs courtesy of the contributors

ILLUSTRATION BY ANDREW COLIN BECK


ZERO CARB
PROTEIN
ALL NATURAL ORGANIC NO TRANS FAT
SWEET AND SALTY
KETTLE CORN
CALIFORNIA SMALL BATCH
COLD PRESSED
EXTRA VIRGIN
OLIVE OIL
ROBUST & FULL-BODIED
ORGANIC
PRODUCT OF ITALY
CERTIFIED
PEELED
LIGHT IN SODIUM
Amy's
PREMIUM ORGANIC
OATS
THE WHOLE GRAIN
AWARD WINNING CER
WORLD CHAMPION OATMEA
YOU CAN SEE OUR QUALITY



The 125 BEST FOODS For MEN 2015

ABS AREN'T BUILT IN THE GYM ALONE; YOU SHOP FOR THEM IN YOUR SUPERMARKET. WE SAMPLED AND REVIEWED THOUSANDS OF PRODUCTS TO SEPARATE THE DIETARY DUDS FROM THE NUTRITIONAL HEROES. YOUR DROOL-WORTHY GROCERY LIST STARTS RIGHT HERE.

EDITED by PAUL KITA

WITH CONTRIBUTIONS FROM

Anthony Dormann, Michelle Malia, Shara Tonn, Lauren del Turco
Photographs by Sam Kaplan
Illustrations by Timba Smits

HERE'S YOUR LIST

Every summer, food companies converge in New York City for the Fancy Food Show. Attendees walking the floor this year heard vendors shouting "gluten-free!" "dairy-free!" and "no GMO!" But when PR flacks tout what isn't in food instead of what is, watch out for excess sugar, pathetic proteins, and flat flavor. This year, after rigorous taste testing and nutritional analysis, we found that the best foods aren't impostors. Our best potato chip comes from potatoes, not soy-dusted lentils. The best bread has (gasp!) gluten. Most of our winners are organic, and many boast a solid protein-to-calorie ratio. They taste great, and they're great for you.

BEST PRODUCE



1. LETTUCE
EARTHBOUND FARM ORGANIC ROMAINE
Rub with #78; char on a grill. Then add Caesar dressing, #83, and anchovies.



2. DARK LEAFY GREEN
WATERCRESS
This tender green ranks tops in overall nutrient content, a *Preventing Chronic Disease* study found.



3. TOMATO
SUNSET ORGANIC
Slice, drizzle with #78, season, and roast at 225°F till soft, about 1 hour. Pop in sandwiches.



4. POTATO
EARTHBOUND FARM ORGANIC RUSSET
These taters are hearty, fluffy, and excellent mashed or as french fries.



5. APPLE
ORGANIC GALA
Nonorganic apples are loaded with pesticides, warns the Environmental Working Group.



6. CITRUS
ORGANIC GRAPEFRUIT
Squiggle some honey over a half and broil the fruit till slightly charred. Dig in with a fork.



7. HERB
ORGANIC CILANTRO
Chop and add to tuna salad, guacamole, coleslaw, or anything that needs a kick of freshness.



8. SQUASH
EARTHBOUND FARM ORGANIC BUTTERNUT
Halve, deseed, butter, season, and roast at 400°F till tender, 35 minutes.



9. CHILE PEPPER
SERRANO
Turn to this fire starter to crank up the heat on your homemade chili, salsa, and pickles.



10. AVOCADO
MISSION ORGANIC
Dodge a dud: A ripe avocado will yield slightly when you gently squeeze the tapered end.



11. BEETS
LOVE BEETS ORGANIC COOKED BEETS
The prep is done for you, so your hands won't look like Patrick Bateman's.



12. KIMCHI
COSMOS KIMCHI
In a 2013 Korean study, people who ate the stuff for a week improved their cholesterol levels.



13. MUSHROOM
OYSTER MUSHROOM
Set the fungus in sunlight for 15 minutes to raise its vitamin D level, the USDA suggests.

BEST MEAT/DELI



14. HOT DOG
D'ARTAGNAN NATURAL UNCURED DUCK DOGS
Quack cure: These wieners taste even meatier than traditional franks.



15. BACON
APPLEGATE UNCURED SUNDAY BACON
Good morning! Enjoy two thick, meaty slices for a measly 60 calories.



16. SAUSAGE
APPLEGATE ORGANIC CHICKEN & APPLE SAUSAGE
Griddle and stuff into a #36. Top with #10 and #66.



17. CHICKEN
BELL & EVANS WHOLE CHICKEN
No antibiotics. No nonorganic feed. No jumbo breasts. Just good bird.



18. STEAK
RIB EYE
Make sure it's the grass-fed kind, which has more antioxidants than grain-finished fare.

APPLE, SAGE, AND CHICKEN SAUSAGE POWER SALAD

Cut 2 Applegate Organic Chicken & Apple sausages into diagonal slices. In a hot, oiled pan, brown the slices, 5 minutes. Build a salad with 2 or 3 chopped romaine leaves and 2 large handfuls of watercress. Toss with a dressing of a few minced sage leaves, the juice of ½ lemon, a splash of extra-virgin olive oil, and salt and pepper to taste; plate. Add sliced apple, cooked quinoa, sliced hard-boiled egg, and sausage. *Makes 2 servings*

Per Serving	396 CALORIES	22g PROTEIN	26g FAT	19g CARBS	4g FIBER

MORE STUFF! **DOG FOOD** BLUE BUFFALO / **CAT FOOD** IAMS / **RECOVERY PROTEIN POWDER** MYOPLEX / **VANILLA PROTEIN POWDER** ISOPURE ZERO CARB CREAMY VANILLA


44
5
16
28
2
1
SKIP THE BAR
Lunch shouldn't come from beneath a sneeze guard. Build a better bowl with our best foods.
UNCONDITIONAL GUARANTEE!
PORK
PICNIC STYLE SHOULDER
65¢ lb.
BOURBON
$4.88
ALMADEN BRANDY
$4.99 QUART
KESSLER'S
U.S. NO. 1—RUSSET
Potatoes
10 LB. BAG
59

CRUSH YOUR CRAVINGS
Don't want the extra carbs? Swap out the bun for a sturdy leaf or two of #1. What now, Mickey D?



SPICY ASIAN BEEF BURGER WITH AVOCADO AND KIMCHI

In a bowl, mix a quarter pound of ground beef with salt, pepper, and 3 squirts of fish sauce; mold into a patty. Slap it on a hot, oiled grill pan and sear (about 3 minutes per side for medium rare). Pop it on a soft sesame seed bun and add a nori square, avocado slices, thin slices of serrano pepper, and some kimchi. Spread ketchup mixed with a dab of gochujang paste on the top bun. Close the bun. Bite. Grunt. *Makes 1 burger*

Per Serving	617 CALORIES	27g PROTEIN	32g FAT	53g CARBS	6g FIBER





19. GROUND BEEF
ORGANIC PRAIRIE ORGANIC GRASS-FED
Four ounces of meat contains 21 grams of protein for only 240 calories.



20. GROUND TURKEY
ORGANIC PRAIRIE EXTRA LEAN
This nutritious pick provides 28 grams of protein for just 130 calories.



21. PORK CHOP
BLACKWING ORGANIC BONELESS CENTER CUT
This pink, meaty tomahawk is so flavorful it doesn't need applesauce.



22. EXOTIC MEAT
TROIS PETITS COCHONS DUCK LEG CONFIT
It's duck, cooked in duck fat. Add to #2 with #78 and #83. *Très délicieux!*



23. DELI TURKEY
ORGANIC PRAIRIE ORGANIC ROAST TURKEY BREAST
Fill your sandwich with lean protein, not antibiotics.



24. DELI HAM
APPLEGATE UNCURED BLACK FOREST HAM
It contains 20 fewer calories than one of its competitors. Try with #61 and #34.



25. ROAST BEEF
OSCAR MAYER SELECTS
Slice some into ribbons, sizzle in a skillet, season, and fold into scrambled #44. Add #66.



26. CURED MEAT
TROIS PETITS COCHONS CHORIZO
Slice the cured meat thinly and serve with kalamata olives as a snack.

BEST BREAD/ GRAINS



27. STEEL-CUT OATS
BOB'S RED MILL ORGANIC
It stays with you all morning: A quarter cup carries 5 grams of gut-filling fiber.



28. QUINOA
ALTER ECO ORGANIC ROYAL PEARL QUINOA
Add scallions, parsley, #3, #78, lemon juice, salt, pepper. Quinoa tabbouleh!



29. FLOUR
BOB'S RED MILL 100% STONE GROUND ORGANIC WHOLE WHEAT FLOUR
Just ¼ cup packs 5 grams of fiber.



30. RICE
LOTUS FOODS ORGANIC BROWN JASMINE RICE HEAT & EAT BOWL
The rice in this BPA-free bowl microwaves in 1 minute.



31. PASTA
BIONATURAE ORGANIC WHOLE WHEAT SPAGHETTI
It wins every year because it tastes so damn good.



32. PIZZA CRUST
RUSTIC CRUST ORGANIC GREAT GRAINS
Meat lover? Top with #65, cheese, #19, and #15.



33. TORTILLA
TORTILLALAND CORN
They're the closest thing you can get to a real tortilla stateside. Cook them in a hot, dry skillet.



34. PITA
EZEKIEL 4:9 PROPHET'S POCKET BREAD
Slather an open pocket with #72, roast #17, sliced #5, and #2.



35. BURGER BUN
MARTIN'S 100% WHOLE WHEAT POTATO ROLLS
Soft and squishy—just like a burger bun should be. Only 100 calories.



36. HOT DOG ROLL
RUDI'S ORGANIC BAKERY WHEAT
This nutty-tasting bun has 140 calories but provides 3 grams of fiber.



37. CEREAL
BACK TO THE ROOTS STONEGROUND FLAKES
Organic whole wheat, organic cane sugar, a little sea salt. That's it.



38. OATMEAL
BOB'S RED MILL ORGANIC HIGH FIBER OAT BRAN HOT CEREAL
It has beta-glucan, a fiber that may help lower your BP.



39. CRACKER
KASHI CRACKERS ORIGINAL 7 GRAIN
Fifteen of 'em have 120 calories and 3 grams of fiber. Swipe through #73.

BEST EGGS/ DAIRY



40. MILK
ORGANIC VALLEY GRASSMILK, REDUCED FAT 2%
It tastes like regular milk but packs more omega-3s.



41. CHOCOLATE MILK
HORIZON ORGANIC CHOCOLATE LOWFAT
Chug this after a hard workout to help your muscles recover.



42. YOGURT
SIGGI'S ICELANDIC STYLE CREAM SKYR, PLAIN 4%
It delivers 11 grams of protein for only 3 grams of sugar.



43. GREEK YOGURT
OIKOS TRIPLE ZERO
Greek yogurts can be sugar bombs. This tub has just 7 grams, and 15 grams of protein.



44. EGGS
EGGLAND'S BEST ORGANIC BROWN EGGS, LARGE
Every huevo has a biceps-popping 6 grams of protein.



Quick Bite

VANILLA GELATO WITH BALSAMIC STRAWBERRY REDUCTION

In a pot, simmer ¼ cup #83 till reduced by half, about 3 minutes. Remove from heat; add a spoon of sugar and 2 handfuls thawed, halved #48. Scoop #55 into 2 dishes. Top with sauce. *Makes 2 servings*

PER SERVING: 212 CALORIES, 15g PROTEIN, 3g FAT, 33g CARBS

NONVANILLA PROTEIN POWDER MUSCLETECH PHASE 8 COOKIES AND CREAM / **SARDINES** BELA / **SNACK FISH** COLE'S TROUT / **BROTH** WILD OATS MARKETPLACE ORGANIC CHICKEN

Food styling: Brett Kurzweil/Art Department, prop styling: Linden Eilstran, product photographs by MITCH MANDEL and MATT RAINEY

ATTENTION SHOPPERS

DON'T LET YOUR GUARD DOWN!

Grocery stores are designed to make sure you spend as much money as possible, says Kit Yarrow, Ph.D., a consumer psychologist at Golden Gate University. Use this supermarket strategy guide to save money, avoid deception, and fill your cart with the good stuff.

By TONY DORMANN



1

BAIT AND SWITCH

DON'T BE FOOLED!



The conservation group Oceana found that 33 percent of the U.S.-sold fish it tested was mislabeled. Nearly all the red snapper was something else. A full 84 percent of "white tuna" was escolar, a fish that may cause diarrhea. Farmed fish was sold as wild. Stores like Whole Foods have stricter sourcing standards.

2

YOUR JUNK FOOD CRAVINGS: *Reduced!*



JUST SAY NO!

In a 2014 Dutch study, overweight shoppers who received a flyer containing a recipe labeled as "healthy" before entering the store bought 74 percent fewer unhealthy snacks than those given a flyer sans label. Priming your brain with healthy food cues (like reading this magazine!) may subconsciously influence what you buy.

3



HEY GUYS...BUYING IN BULK MAY BE A BIG MISTAKE.

Shoppers tend to trash less food (and waste less money) when they buy food in smaller portions during more frequent trips, according to a 2014 University of Arizona study. That's because shoppers may overvalue bulk products in the store and disregard the cost of throwing away the product at home. Keep your bulk purchases to frequently consumed items, and buy smaller packages of fresh foods.

4

FRESH! LOCAL! *Sneaky!*



Some stores set up displays labeled "local" that you see as you enter through the sliding doors. "A local section makes the supermarket seem like it cares and lets people feel better about where they spend their money," Yarrow says. Yes, local is generally good, but sticky buns with local honey will still give you a

BEAR BELLY.

SOUP CAMPBELL'S ORGANIC SUN-RIPENED TOMATO & BASIL BISQUE / **BEANS** EDEN ORGANIC KIDNEY BEANS / **DRIED FRUIT** EDEN FOODS WILD BLUEBERRIES

5

Mr. Beef SAYS...

LOOK DOWN AND PAY LESS!



FOLLOW THE RULE OF THIRDS.

Food companies pay money (and pass the costs on to you) to have their products placed at eye level. Buyers tend to gravitate toward products that they don't have to reach or kneel for, says Yarrow.

THE CASH-SAVING MOVE:

SCAN THE TOP THIRD AND BOTTOM THIRD FOR DEALS.

6 AN AMAZING *Men's Health* OFFER

CALORIE *Savings!*



Shoppers who brought reusable bags were 7 percent more likely to buy junk food than those who opted for store bags, a 2015 American Marketing Association study found. An altruistic deed may make you more likely to desire a treat for your good behavior, researchers say.

7 BONUS WILLPOWER!

INDULGE IN THOSE *Free* PRODUCE SAMPLES!



In a 2013 Cornell study, supermarket shoppers who ate a small healthy snack before shopping filled their carts with 25 percent more fruits and vegetables than those who didn't have a bite. And no, unfortunately, a blueberry muffin sample isn't produce.

8 SUGAR SURPLUS

BUYING FOOD FOR YOUR FAMILY?





BEWARE THE DAIRY SECTION.

Yogurt marketed to children has 31 percent more calories and 46 percent more sugar per ounce than "adult" yogurt, a 2013 British study found. Don't worry: Your kids can dig into the same brand of yogurt you do. Just say it's what big boys and girls eat.

9

ON SPECIAL

STAPH INFECTION

REG. 99¢ 79¢



Here's another reason to give your fruits and vegetables a thorough scrub at home: None of the 100 checkout conveyor belts tested by food-safety scientist Zhinong Yan, Ph.D., passed cleanliness testing. Yeast, mold, and even *Staphylococcus aureus* bacteria were found on the belts.

NEXT STOP: YOUR TOILET!

10 PROTEIN-LOSS LEADERS



CAN COST YOU.

Gluten-free breads and pastas had 32 and 52 percent less protein, respectively, than similar products containing gluten, Australian researchers found. Extracting gluten often strips nutrition, they say. Unless you're among the 1 percent who have celiac disease, stick with the less processed stuff.



With 32% LESS PROTEIN

FRESH BREAD LA BREA BAKERY / **BUTTER** KERRYGOLD / **CHEESE** ORGANIC VALLEY GRASSMILK RAW CHEDDAR / **CREAM CHEESE** PHILADELPHIA WHIPPED



Quick Bite

GREEN TEA BEET 'N' BERRY SMOOTHIE

In a blender, dump in half a #92, half a #5, a small #11, a palmful each of frozen blueberries and #48, and the juice of a blood orange. Drop in a dollop of #42. Buzz until smooth. Want it creamier? Add more yogurt. Thinner? More tea. *Makes 2 servings*

PER SERVING: 171 CALORIES, 7g PROTEIN, 1g FAT, 37g CARBS

BEST FROZEN FOODS



45. FATTY FROZEN FISH
VITAL CHOICE WILD ALASKAN SOCKEYE SALMON
Six ounces nets you a substantial 36 grams of protein.



46. WHITE FROZEN FISH
VITAL CHOICE WILD ALASKAN COD
Its mild-tasting, flaky flesh packs 39 grams of protein into 6 ounces.



47. FROZEN SHELLFISH
VITAL CHOICE FROZEN LIVE PACIFIC MUSSELS
Eat 10 or so and you'll score 19 grams of protein.



48. FROZEN FRUIT
EARTHBOUND FARM ORGANIC STRAWBERRIES
They help fight cancer, reports an Oklahoma State review.



49. FROZEN VEGETABLES
CASCADIAN FARM ORGANIC CALIFORNIA-STYLE BLEND
Broccoli! Cauliflower! Carrots!



50. CHICKEN ENTRÉE
BEETNIK ORGANIC CHICKEN MEATBALLS
These orbs are slathered in a luscious sweet-and-smoky BBQ sauce.



51. BEEF ENTRÉE
STOUFFER'S FIT KITCHEN BOURBON STEAK
This box contains 27 grams of protein and 410 calories.



52. VEGETARIAN ENTRÉE
LUVO QUINOA & VEGETABLE ENCHILADAS
Fill your gut with 7 grams of fiber. Top with a dollop of #72.



53. BURRITO
EVOL CHICKEN FAJITA
This spicy roll-up contains antibiotic-free chicken and 6 grams of fiber. Fast-food burritos fear it.



54. PIZZA
NEWMAN'S OWN FOUR CHEESE THIN & CRISPY PIZZA
Add sautéed #13s. Or go spicy with thinly sliced #9s.



55. ICE CREAM
FORTE HIGH PROTEIN GELATO PURE ORGANIC MADAGASCAR VANILLA
Enjoy it: You're taking in 15 grams of protein per serving!

BEST CANNED/ JARRED



56. PICKLE
WOODSTOCK ORGANIC KOSHER BABY DILL
These snappy, crispy cukes are an awesome snack.



57. CANNED SALMON
WILD PLANET WILD ALASKAN SOCKEYE
It's luscious, is sustainably caught, and makes other brands taste like cat food.



58. CANNED TUNA
WILD PLANET WILD SKIPJACK LIGHT TUNA
Mix it with #64, #61, #7, and a little minced red onion. Voilà! Lunch.



59. CANNED TOMATOES
CENTO SAN MARZANO PEELED TOMATOES
Drain, smush, season, and simmer for an insta-sauce.



60. FRUIT SPREAD
CROFTER'S JUST FRUIT ORGANIC RASPBERRY
A whole lot of flavor for only 30 calories per tablespoon. Eat with a few #39s.



61. MUSTARD
MAILLE HONEY AND MODENA BALSAMIC VINEGAR MUSTARD
Smear it on a 'wich, or slather it on #45 before roasting.



62. KETCHUP
HEINZ ORGANIC TOMATO KETCHUP
Combine 2 Tbsp with 1 Tbsp of #66 for a quick sweet-heat condiment.



63. BBQ SAUCE
DINOSAUR BAR-B-QUE ORIGINAL SENSUOUS SLATHERING
The flavor blast comes from tomatoes, not HFCS.



64. MAYONNAISE
HELLMAN'S CANOLA
It's one of the only mass-market mayos that isn't made from soybean oil. Spread on!



65. TOMATO SAUCE
AMY'S PREMIUM ORGANIC LIGHT-IN-SODIUM TOMATO BASIL PASTA SAUCE
Like Mom's, without the guilt trip.



66. HOT SAUCE
NANDO'S PERI-PERI SAUCE EXTRA HOT
Potent red chiles stoke the firepower in this tongue-searing supersauce.

BEST SNACKS



67. PRETZEL
UTZ ORGANIC SEVEN WHOLE GRAINS PRETZEL STICKS
They're flavorful enough to take on #72, #73, or #77.



68. POTATO CHIP
ZAPP'S NEW ORLEANS KETTLE STYLE SALT & VINEGAR
This won out over an avalanche of new "veggie" chips.



69. POPCORN
KETTLEPOP ORGANIC KETTLE CORN
Sugar-laden carny corn this is not. A full 2¼ cups has 150 calories.

SIZZLED GROUND TURKEY BREAKFAST NACHOS

Toss 2 handfuls of tortilla chips with a pinch of chili powder and top with grated cheddar; melt in the oven. In a skillet on medium high, sizzle chopped red onion in canola oil; add ¼ pound ground turkey seasoned with salt, pepper, and ground chipotle chile; cook till browned. Pile atop the chips. Now add 2 scrambled eggs, guacamole, Nando's Peri-Peri Sauce, roasted red peppers, and chopped cilantro. *Makes 2 servings*

Per Serving	570 CALORIES	25g PROTEIN	37g FAT	33g CARBS	4g FIBER

SNACK CHEESE JARLSBERG MINIS / **POPCORN KERNELS** ARROWHEAD MILLS / **CHARDONNAY** SANFORD STA. RITA HILLS 2012 / **LIGHT BEER** MICHELOB ULTRA / **WATER** FIJI



SHELVE YOUR HUNGER
Prevent a prelunch vending machine raid with this 10-minute morning meal.



STAGE A COUNTER ATTACK ON DINNER
Hit up the seafood section for this Belgian-inspired date-night meal.

MOULES FRITES

Preheat the oven to 450°F. Slice a russet potato into ¼" fries. Dump on a baking sheet and toss with pumpkin seed oil, salt, and pepper; bake. Clean a bag of mussels. In a big pot on medium low, heat a glug of olive oil. Add 2 minced garlic cloves, ½ onion, and some parsley (both chopped). Sauté till aromatic; add ½ bottle of white wine plus ½ tomato (chopped), red-pepper flakes, and the mussels. Cover the pot and cook till the shells open, about 5 minutes. Eat with oven fries. *Makes 2 servings*

Per Serving	555 CALORIES	32g PROTEIN	15g FAT	49g CARBS	4g FIBER



70. JERKY
OBERTO APPLEWOOD SMOKED BACON JERKY
Eat it out of the bag, or scatter it over #55. No, seriously!



71. NUTS
PLANTERS NUT-RITION MEN'S HEALTH RECOMMENDED MIX
We consulted on the mix; you reap the heart benefits.



72. GUACAMOLE
WHOLLY GUACAMOLE ORGANIC DIP
Swap it for mayo, or use it as a quick sauce for seared #45 or #46.



73. HUMMUS
EAT WELL EMBRACE LIFE ZESTY SRIRACHA CARROT HUMMUS
It's creamy, spicy, and addictive. Try a dollop in a salad.



74. SNACK BAR
ZING NUTRITION BAR ALMOND BLUEBERRY
Turn to this whey-based bar for 11 grams of protein for 220 calories.



75. CHOCOLATE
AMEDEI TOSCANO BLACK CHOCOLATE BAR, 70%
Slightly bitter and earthy, this is a real man's chocolate.



76. TORTILLA CHIP
FOOD SHOULD TASTE GOOD CANTINA
Thick corn chips with an incredible crunch. Nine chips have 140 calories.



77. PEANUT BUTTER
SMUCKER'S ORGANIC NATURAL
MH taste testers voted it the best match for jelly. Or for a spoon.

BEST OILS/ SEASONINGS



78. OLIVE OIL
365 EVERYDAY VALUE EXTRA VIRGIN OLIVE OIL CALIFORNIA SMALL BATCH
Use it to dress pasta and salads.



79. CANOLA OIL
SPECTRUM ORGANIC REFINED
Its neutral flavor makes it a good go-to oil for everyday cooking.



80. SPECIAL OIL
LA TOURANGELLE TOASTED PUMPKIN SEED OIL
Drizzle this savory, nutty oil over some just-roasted #8.



81. SALT
MALDON SEA SALT FLAKES
These fat flakes are best used to finish dishes, especially sliced, grilled #18.



82. PEPPER
SIMPLY ORGANIC BLACK PEPPERCORNS
Ditch the tasteless preground pepper. Buy a pepper mill. Fill it with these.



83. BALSAMIC VINEGAR
ALESSI ORGANIC WHITE BALSAMIC
It's great on salad, sure, but splash it on baked #21 too.



84. ALL-PURPOSE SEASONING
SLAP YA MAMMA ORIGINAL BLEND CAJUN SEASONING
Add it to chicken, pork, or shrimp.

BEST DRINKS



85. FRUIT JUICE
EVOLUTION FRESH ORGANIC ORANGE
This bright, refreshing, tangy OJ can stand in for the fresh-squeezed.



86. VEGETABLE JUICE
EVOLUTION FRESH ORGANIC V
Carrot, apple, beet, spinach, and celery combine in this powerhouse drink.



87. TEA BAGS
MIGHTY LEAF ORGANIC GREEN DRAGON (LUNG CHING)
A cup brews up strong and has a hit of grapefruit.



88. BEER
VICTORY PRIMA PILS
Men's Health lab tests revealed a balanced calorie-to-antioxidant ratio (170 to plenty).



89. MERLOT
TANGLEY OAKS MERLOT 2010
Sip this burly red with a burger and you might become a merlot man.



90. PINOT NOIR
MARK WEST PINOT NOIR 2013
This vino from the Left Coast tastes like an orgy of berries in your mouth.



91. CABERNET SAUVIGNON
JOSH CELLARS CABERNET SAUVIGNON 2013
A cab with a dark side. Enjoy with a partner, naked.



92. BOTTLED TEA
TAZO ORGANIC JASMINE GREEN
Organic cane sugar delivers a dab of sweetness. Only 50 calories a bottle.



93. COFFEE
ALLEGRO COFFEE ORGANIC CONTINENTAL BLEND
If you like it turbo, this rich coffee will crank your engine.

BEST WORLD FOODS



94. SNACK
GIMME ORGANIC ROASTED SEAWEED SNACKS, WASABI
Add #30, leftover #45, and a wedge of #10. Dip in #100.



95. RAMEN
LOTUS FOODS MILLET & BROWN RICE RAMEN MISO SOUP
One bowl delivers 10 grams protein and 4 grams fiber.



96. CONDIMENT
MOTHER IN LAW'S GOCHUJANG FERMENTED CHILI PASTE CONCENTRATE
Stir into #62. Brush on a burger. Chow.



97. SEASONING
WALKERSWOOD TRADITIONAL JAMAICAN JERK SEASONING
Buy this peppery, savory blend and jerk everything.



98. SAUCE
FRONTERA OAXACAN RED CHILE MOLE SIMMER SAUCE
Blanket a #53 in this tomato-based, ancho chile mix.

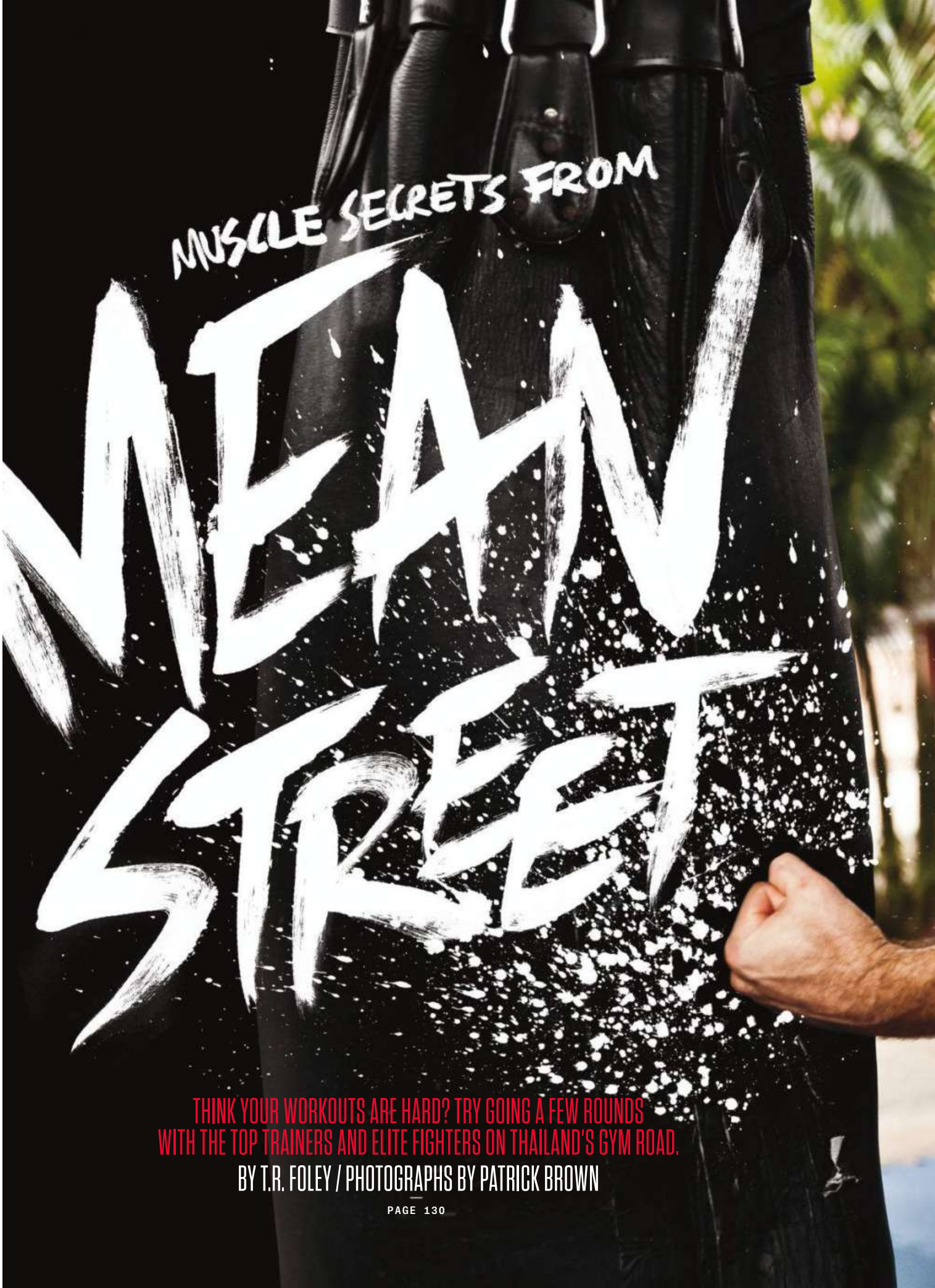


99. SECRET INGREDIENT
RED BOAT FISH SAUCE
Glug this into anything that could benefit from a dose of funk. Like roasted brussels sprouts.



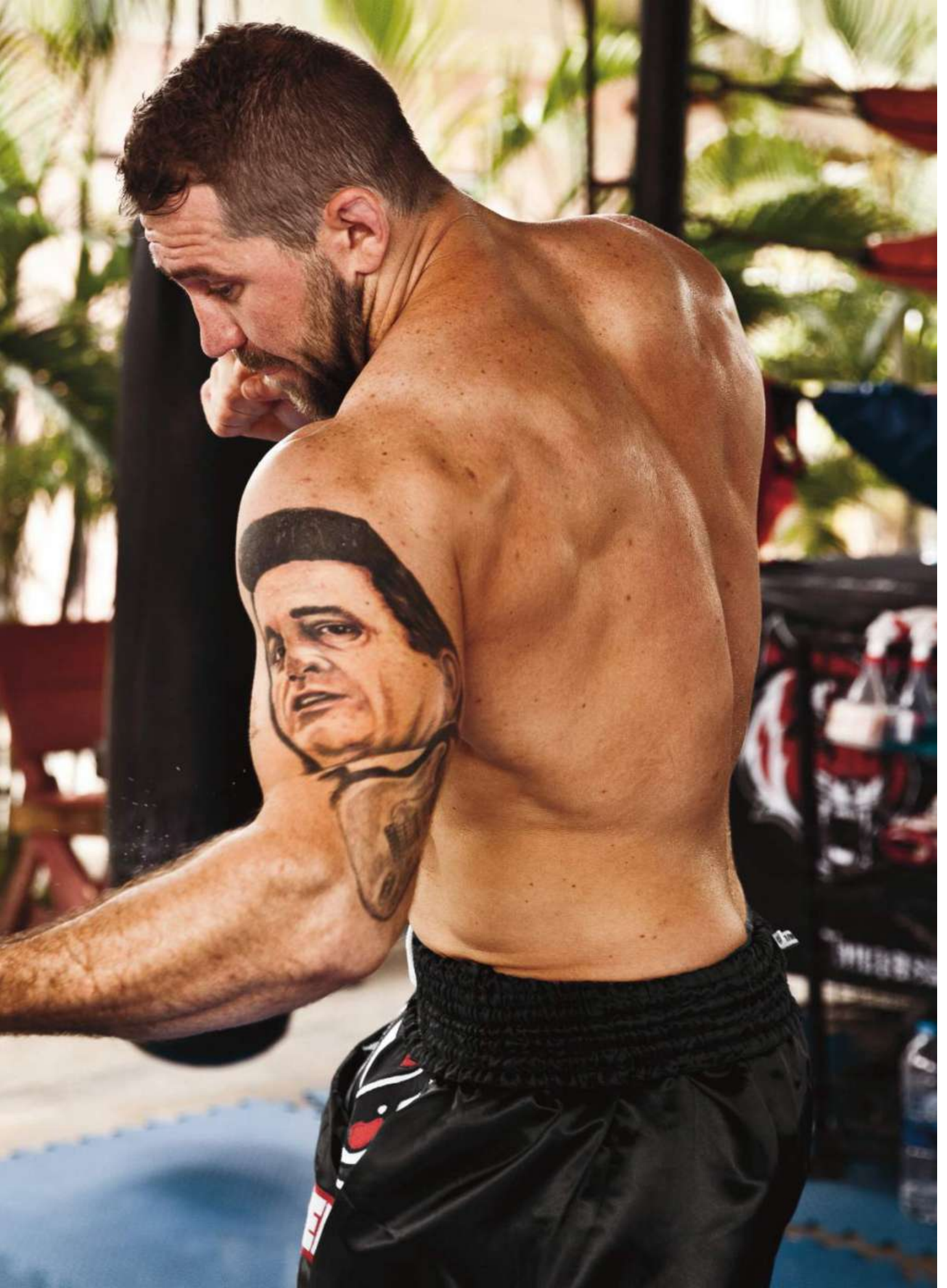
100. SOY SAUCE
EDEN ORGANIC SHOYU
Add a splash to burgers, chili, or ramen for a depth charge of savory goodness.

SODA SWAP S. PELLEGRINO / **SUSHI ORDER** AHI TUNA SASHIMI / **SALSA** GARDEN FRESH GOURMET / **DIJON** GREY POUPON / **TERIYAKI** SOY VAY VERI VERI TERIYAKI



THINK YOUR WORKOUTS ARE HARD? TRY GOING A FEW ROUNDS WITH THE TOP TRAINERS AND ELITE FIGHTERS ON THAILAND'S GYM ROAD.

BY T.R. FOLEY / PHOTOGRAPHS BY PATRICK BROWN







JOHNNY CASH IS BURNING.

The almost-life-size portrait of the singer tattooed on Alan Belcher's left arm roasts in the midday heat, but the UFC champ hardly notices as he leans on the tricolor ropes that surround the ring. His sparring partner is late. And as the temperature rises under the open-air gym's bamboo-and-aluminum roof, so too does Belcher's impatience. And then...action. Belcher straightens as Lamsongkram "Lam" Chuwattana appears at the far end of the concrete floor. At 6 feet tall and 158 pounds, Lam is 2 inches shorter and 70 pounds lighter than Belcher. But compared with Belcher's 17 UFC victories, Lam's 245 wins (51 by knockout) in Thailand's fiercely competitive Muay Thai league make him the seasoned veteran. And from the look on Belcher's face, he knows he's about to get schooled. "That's why I'm here—to learn from the best," says Belcher as Lam jogs casually toward the ring, his high-cut polyester shorts doing little to hide the



KICKING AND SCREAMING
UFC fighter Alan Belcher works the pads with Muay Thai champion Lam Chuwattana.

Photographs by PATRICK BROWN/PANOS PICTURES for *Men's Health*; typography (opening spread) by MATT HUYNH

bulging calves and muscled quads sculpted by decades of high kicks, low sweeps, and crushing holds. The black T-shirt tied around Lam's forehead flutters as he ducks under the ropes and hops into the ring.

"Muay Thai is a pissing contest," says Belcher. He pulls on his gloves while Lam warms up. "These trainers are incredible, but they're mean. Sure, they smile a lot, but behind those eyes are stone-cold killers. I like that."

This is Belcher's third trip to Tiger Muay Thai, one of seven fight houses that line Soi Ta-iad, a bustling thoroughfare on the outskirts of Phuket City known locally as Gym Road. Long a destination for globetrotting backpackers and European sunbathers, Thailand's largest island is now attracting a new type of tourist, one who couldn't care less about the raucous nightclubs and luxury resorts. Professional fighters, martial arts aspirants, and fitness enthusiasts from all over the world—more than 20,000 a year—converge on this 1½-kilometer stretch of asphalt to trade punches with Thailand's top Muay Thai athletes. (Check out the kick-ass vacations on the following pages for more top fitness retreats.) Belcher might be among the most famous of these pugilistic pilgrims, but like the rest of them, he hopes that a few weeks with the likes of Lam will transform him from a talented fighter into an unbeatable warrior.

"Let's do it," says Belcher. Lam guides a pair of pads over his arms and then smiles and yips, inviting Belcher to battle. Belcher smacks his gloves, breathes deeply, and enters the ring of fire.



KICK-ASS VACATION
No. 01

ALGARVE LUXURY BOOT CAMP

Seven-day retreats on Portugal's southern coast offer plenty of pampering to help you recover from grueling workouts. You'll flip tires and pump iron on some of Europe's most beautiful beaches. *algarvefitness.com*

POUND EVERY ANGLE

Muay Thai turns your entire body into a weapon. Fights are a blur of fists, elbows, knees, and shins, which is why the sport is also known as "the art of eight limbs." Good mobility isn't just an advantage; it's the key to survival. "You rotate your hip with each attack and block," says Belcher as he pummels Lam's pads with enough force to shatter bone. Lam absorbs each impact and then quickly repositions himself to guide the next strike.

Unlike ubiquitous disciplines like boxing and wrestling, Muay Thai is indigenous to a single country, making the art of pad holding a rare skill outside Thailand. "Nobody at my gym can do it like they do here," says Belcher, breathing heavily as his kicks become increasingly labored. "See how Lam dances around? He's forcing me to kick and punch through full ranges of motion. You don't see that kind of technique back home. Hell, you don't see it anywhere but Thailand."

Lam notices Belcher's fading effort and pounces, demanding 20 more kicks. Soaked in sweat, Belcher chuckles, plants his left foot, and begins swatting at Lam's pads with his right leg; 5, 10, 15, 20... Belcher bellows in exhaustion as he reaches his goal.

"I was getting cocky and lazy," says Belcher as he limps to the corner of the ring, panting. Lam sheds his pads and follows, pouring water over Belcher's head and rubbing ice into his ribs. "Neither of those qualities lasts long around here," says Belcher. "They get beaten out of you pretty quickly."



The education is painful, but the lessons are critical: Fatigue is often in the mind and, more important, mobility is everything. "You can think of your limbs as levers," says Brendan Weafer, P.E.S., C.E.S., director of coaching and nutrition at Epic Hybrid Training in New York City. "The more you can extend the lever and the greater the range of motion you can move it through, the more torque and velocity you'll develop." The result: a nastier kick and a faster takedown.

Muay Thai trainers have always been innovators when it comes to the mechanics of strength and power; they understand innately what science proves empirically. "But range of motion isn't built solely through sparring and pad work," says Lam. "You also build it in the gym by incorporating it into your workouts." (See "Muay Thai Muscle" below for four ways to do that.)

Scientists at the University of North Dakota agree. They found strength training to be as effective as stretching for improving flexibility. "But you have to lift with good form, which means—you guessed it—lifting through a full range of motion," says Weafer. In practice, that means sitting deeply into a squat, extending your arm fully during a biceps curl, and lowering your chest to within a few inches of the floor during a pushup. It also means working your muscles in positions where they're weakest. "That not only helps you build them up but also teaches your body to recruit them more efficiently," says Weafer. Consequently, you'll be able to lift heavier weights down the road.

You'll also probably spend less time on the sidelines. "When you can move a joint through a full range of motion, other joints and muscles no longer have to compensate for it," says Weafer. "Bottom line: Enhancing your range of motion equates to fewer injuries, greater strength, and a lot more power."

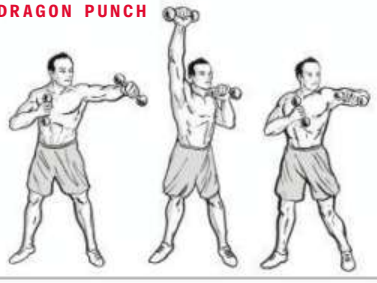
Rested but not fully recovered, Belcher reenters the ring and launches a flurry of elbows at Lam. Each strike begins with a complete turn of his hip and ends with a *whap!* against Lam's pads. Then he loses momentum, throwing a punch-punch-kick combo that limps into Lam's midsection. Lam bops Belcher on the head and yelps at him. Belcher isn't amused. He slams Lam with a full extension kick that sends him stumbling backward, grinning in approval. That makes Belcher crack a smile.

"That's it," says Belcher, his intensity subsiding as he yanks off his gloves. "I'm hungry. Let's eat."

MUAY THAI MUSCLE

Weave MMA moves into your workouts and conquer all adversaries—including yourself.

▶ DRAGON PUNCH

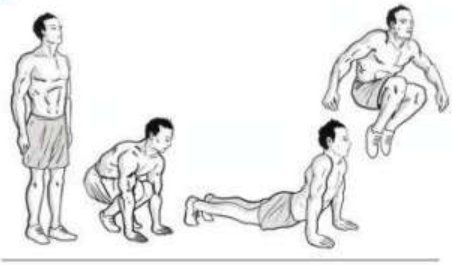


TARGETS SHOULDERS, CORE

BENEFITS HAND SPEED, CARDIO

Grab a pair of light dumbbells and assume a fighter's stance. Alternate left and right forward punches for 30 seconds. Repeat with shoulder presses and hook punches. Rest 1 minute. That's 1 round; do 3.

▶ SPRAWL BURPEE



TARGETS LATS, QUADS

BENEFITS STRENGTH, EXPLOSIVENESS, MOBILITY

From a standing position, push your hips back, squat, and put your hands on the floor. Kick your legs into a pushup position and drive your hips down. Return to a squat and jump up. Do 3 sets of 15 reps.



ON THE RUN
An early-morning jog along Gym Road helps fighters warm up for a day of brutal training.

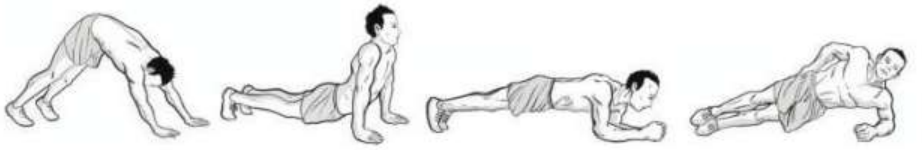


KICK-ASS VACATION
No. 02

BALI MUAY THAI AND MMA

World-class waves and Muay Thai coaches make this fight school a must-visit for pugilistic soul seekers. Run by former Gym Road denizens, its training packages range in duration from a single class to one year. *balimma.com*

▶ HINDU PRESS-UP AND ROLLING PLANK COMPLEX

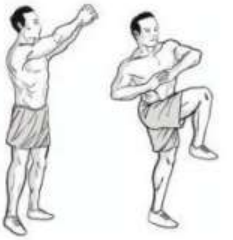


TARGETS CHEST, CORE, HIPS, SHOULDERS
BENEFITS UPPER-BODY STRENGTH, HIP MOBILITY, TOTAL-BODY STABILITY

From a pushup position, raise your hips to form an upside-down V. Drop your hips and pull your body forward, raising your torso until your arms are straight. Return to the starting position. Do 4 sets of 10 reps.

Between each set, do a rolling plank: Assume a pushup position with your weight on your forearms. Hold 30 seconds. Then rotate to your right side, back down, and on your left side, 30 seconds each.

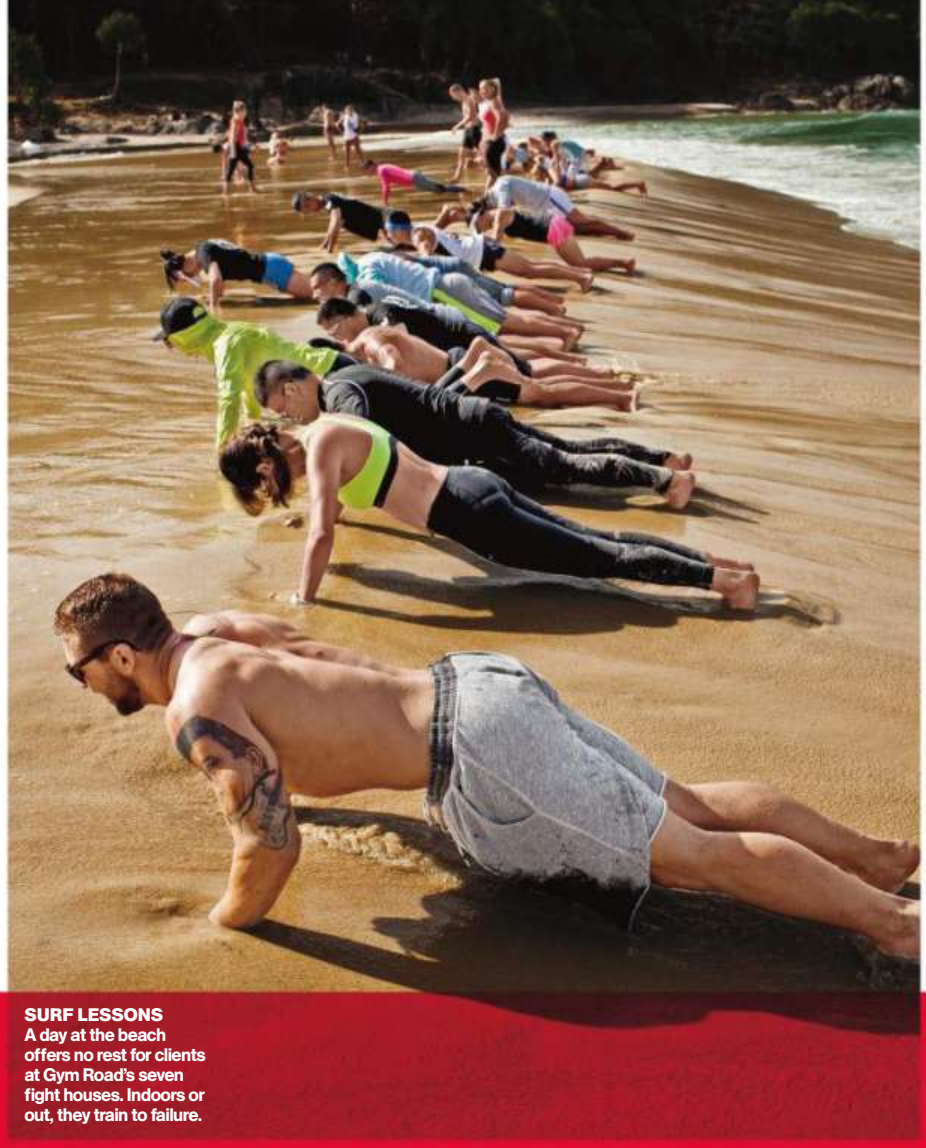
▶ MUAY THAI KNEE STRIKE



TARGETS HIPS, CORE
BENEFITS RANGE OF MOTION, BALANCE

Stand with your hands locked around the neck of an imaginary opponent. Simultaneously pull down to your right and thrust your right knee up (as if you're striking him in the gut). Do 3 sets of 20 reps per leg.

ILLUSTRATIONS BY MATT HUYNH





SURF LESSONS
A day at the beach offers no rest for clients at Gym Road's seven fight houses. Indoors or out, they train to failure.

ATTACK YOUR DINNER

Every meal at Tiger Muay Thai is an exercise in extreme gastronomy. Drained from hours of sparring, pad work, strength training, and mobility exercises, the fighters descend on the kitchen with ravenous zeal. Belcher slides 12 eggs from a serving dish onto his plate, grunting appreciatively as he mixes his soft-boiled protein into a mountain of steaming sweet potatoes.

Such unchained eating is new for Belcher. Until recently, he watched what he ate with an obsessiveness that verged on paranoia. "I used to kill myself trying to make weight," he says. Like many UFC competitors, Belcher would starve himself in the weeks leading up to a fight so he could compete in a lighter weight class—and gain a size advantage over naturally smaller opponents. "All that cutting screwed me up," he says. "The yo-yo dieting fucked up my hormones and made me fat. I wasn't in shape like I knew I could be."

So earlier this year, Belcher decided to shift his focus from the middleweight to the light heavyweight class. With an upper weight limit of 205 pounds, it's more in line with his stocky body type and allows him more freedom with his food intake. Belcher now eats five or six meals a day to pack in calories and feed his muscles a constant supply of nutrients. "The more muscle you have, the more fat you burn and the more food you must consume to sustain a high level of energy and performance," says nutritionist Glen Tobias, M.S., R.D., who works with several top UFC fighters. "But increasing your calorie consumption alone won't cut it. You need to make sure you're eating the right foods at the right times with the right balance of nutrients, and that you're doing it consistently."

A walk down Gym Road later that day reveals what foods are trending among fighters: local sweet potatoes, coconut water, coconut oil, and (of course) Thai chile peppers, as well as black rice from the Philippines. (See "The Fighter's Diet" for more on Gym Road's top power foods.) "You can eat five organic meals cooked to order for $15 a day here," says Belcher as he seeks yet more high-octane fuel. He ducks into one of Soi Ta-iad's most popular eateries, Calorie. "It's the best deal on the planet."

Belcher is the first to admit that eating this way isn't realistic for most guys. "It isn't even realistic for me back home," he says, adding that he doesn't always have the time, money, or inclination to stock his kitchen with organic groceries. "I take a meta-approach to my diet, focusing on getting enough carbs, protein, and fats. Fighting is hard enough. Eating shouldn't be."

The results of his approach are evident in his physical power and chiseled appearance. Where before he'd fluctuate between baby-cheeked and gaunt, he is now permanently ripped. "Guys are always trying to look lean, and what you eat plays a big part in that; but it shouldn't give you a headache," says Belcher as he orders a plate of black rice and turmeric chicken. "Be smart about your diet, but don't overthink it. The right way to eat helps you perform well and feel good."



KICK-ASS VACATION No. 03

WILDFITNESS

Trips to Andalusía, England's Isle of Wight, Crete, and Zanzibar emphasize honing your body's natural movement patterns. Activities include rock climbing, barefoot running, tree hanging, and other "primal" exercises. *wildfitness.com*

"Kick-Ass Vacation" images (in order): ©Jose Fuste Raga/Corbis; Getty Images; Robert Harding Images/Masterfile; ©Atlantide Phototravel/Corbis







KICK-ASS VACATION
No. 04

STAYFIT TRAVEL

Vacations with this U.S.-based company are tailor-made for CrossFit junkies. In destinations like Belize and England, you'll visit all the tourist hot spots and also hit some CrossFit boxes so you can get in your WOD. *stayfit-travel.com*

Icons by MICHAEL BRANDON MYERS

BREATHE FIRE

The next morning, Belcher is up early and darting between tuk-tuks (noisy, three-wheeled buggies that pass for taxis) on his scooter as he races to meet with Brazilian jujitsu legend Olavo Abreu. The third-degree black belt is the head instructor of Phuket Top Team, a high-profile fight gym that plays the eastern bookend to Tiger Muay Thai's western position on Soi Ta-iad.

Abreu greets Belcher with a hug. "I saw you knock out Rousimar Palhares in 2012," he says. "Fucking amazing."

Palhares was a jujitsu fighter with a reputation for executing leg locks vicious enough to snap ligaments—and a nasty habit of not letting go even when opponents tap out. Belcher was the 2-to-1 underdog, but when the final bell sounded it was Belcher, not Palhares, who had his hand raised in victory. "I trained to stay calm and find a way out of his holds, not avoid them," says Belcher. "Breathing played a big part in that."

We don't normally associate fear and trepidation with professional MMA fighters, but even the most ruthless among them suffer from the chronic effects of panicked (i.e., shallow) breathing, says trainer Steve Maxwell, C.S.C.S., a former jujitsu champion. It's a natural consequence of being in an adrenalized state, but it floods the body with stress hormones, reduces oxygen intake, accelerates time to fatigue, bottlenecks energy and brainpower, and increases muscle tension. This, in turn, limits strength, power, mobility, and CONTINUED ON PAGE 139

THE FIGHTER'S DIET

Four foods that help Gym Road's elite train longer, grow stronger, and fight harder.

Black Rice
It has more protein than brown rice and higher levels of antioxidants, fiber, and vitamin E than even blueberries.

Sweet Potato
High levels of vitamin C boost collagen production, essential for muscle growth and recovery after tough workouts.

Virgin Coconut Oil
It delivers powerful anti-inflammatory and antioxidant effects, which may be beneficial for heart health.

Chile Peppers
Capsaicin, which gives chiles their heat, has anti-inflammatory properties and can rev your fat-burning metabolism.

THE RESCUER, CONT. FROM P. 107

in. (See the recipe on page 107.) His search eventually led him to Lexington. He applied to the department three times before his perseverance finally paid off. That and his cooking skills.

"I was assigned to Station 1 Engine 1," he says. "All the chiefs were down there, and I ended up cooking a lot. One of the chiefs wanted spaghetti and meatballs and a cheesecake every shift."

Boniface has been a full-time firefighter and EMT in Lexington for almost four years now. And although he took a 50 percent pay cut, his job satisfaction soared. "In this job, I've laughed the hardest, I've cried the hardest, and I've been the most satisfied," he says. "I show up on the worst day of people's lives and try to make things better. I sleep better knowing I'm helping people."

No doubt the citizens of Lexington also rest easier knowing they're in the protective shadow of this man-mountain. A weightlifter for the past 20 years, he's 6'3" and 250 pounds with a 50-inch chest, 35-inch waist, and 20-inch guns. Sweat droplets don't run down his body—they rappel.

Boniface is well known for his physique. He uses his ripped rep as a challenge to his fellow first responders, encouraging them to look after their own fitness. Often he leads training sessions at the firehouse. He points out the little-known fact that heart attack—not smoke inhalation or burns—is the leading cause of firefighter deaths. Career firefighters must pass rigorous physical tests (climbing stairs, dragging hoses, swinging sledgehammers) to enter the academy, and they have to meet fitness standards while enrolled. But once they graduate, many may never have to pass another fitness test again. The CDC reports that 83 percent of firefighters are overweight or obese—nearly 14 percent higher than the national average.

"I measure success by how many lives I touch in a positive way. I have helped many of my friends, firefighters, and patients get into the best shape of their lives."

Combine this with 24-hour shifts, high stress levels, irregular sleep patterns, poor nutrition, and having to spring instantly into action with 75 pounds of gear and a circulatory system jacked with adrenaline, and it's clear why even rescuers sometimes need rescuing.

That's why Boniface is sounding the alarm and why we included "The Firefighter Workout" pull-out poster in this article. It's a four-week total-body fat-torching, muscle-building program. "Iron sharpens iron," says Boniface. "If I can save one firefighter, one brother, through my example and help him change his fitness, then I've done my job."

And as the little girl's family will attest, you can't put a price on that. ■

YOUR COMMUNITY NEEDS YOU: BECOME A VOLUNTEER FIREFIGHTER

There's a shortage of volunteer firefighters, says George DeVault, author of *Fire Call!* Donate your time and you'll make the world—or at least your community—a better place.

69%
Portion of firefighters in America who are volunteers

12%
Decline in the number of volunteer firefighters since the year 1984

31,644,500
Number of calls to U.S. fire departments in 2013, up from 22.4 million in 2003

Source: National Fire Protection Association (nfpa.org)

WHY YOU SHOULD VOLUNTEER

A fire call is made every 25 seconds. "What if next time it's your house that's burning?" says DeVault. "If you won't volunteer, who will? What's more, about 25 percent of volunteer firefighters are 50 or older now. We need young guys."

WHAT YOU NEED TO KNOW

Every firehouse has different requirements. Typically, volunteering involves 120 hours of training and a fitness test. Some stations ask you to be on call 24-7, while others schedule shifts during off-hours and weekends only. Visit your station to ask what the job entails.

THE SEEKER, CONT. FROM P. 113

An equally important part is his mindset. "It's not just about time management," Grey explains. "The key is to be present in every moment and not so attached to the virtual world." He cites a book called *Essentialism*, by Greg McKeown, and its message that less is more. "There's no TV in our home, and we shut off our laptops after dark," he says. "Often our success becomes our failure because it gives us all these things that take away our time. Once you learn to say no, you realize that you have lots of time."

A normally soft-spoken man, Grey gets cranked up when the topic turns to this country's educational system, which he claims is failing our youth by "de-motivating" them.

He does see hopeful signs. Grey is excited about innovations like the School for Tomorrow, located near Washington, D.C. "It's revolutionary," he says. "It has a trans-disciplinary approach to learning that doesn't isolate math, science, and English. Instead kids tackle a problem or project using all those subjects together because that's the reality of the world we live in.

"The reason I home-school is that I've been a teacher in our educational system for 13 years," he says. "We're not teaching 21st-century skills like critical thinking, creativity, complex communication, and collaboration." With Grey and his wife on the case, eight kids, at least, are hearing that message loud and clear.

The family also has a character-building song, which they sing after their weekly meeting, or in the car, or when they're just walking around—anywhere! "Music is a great way to ingrain grit and resilience in a kid," says Grey. It goes like this:

Grey: You gotta be…
Kids: Tough!
Grey: You wanna be…
Kids: Tough!
Grey: A community is…
Kids: Tough!
Grey: A family is…
Kids: Tough!
Grey: Emotionally…
Kids: Tough!
Grey: Spiritually…
Kids: Tough!
Grey: Mentally…
Kids: Tough!

Another way Grey forges his kids' character is through sports. "All the kids play sports, which I consider controlled adversity," he says. "My son came home from practice the other day and said, 'Coach told me I'm not tackling well and I have to work on it.' He didn't give up or back down from the opportunity. He went back the next practice."

Summing up his philosophy, Grey cites the Law of Reciprocity. "I believe there's something greater than us and that whatever I give out—my service, my time, my money, my smile—eventually comes back in a much larger way. That's how I try to foster change and build community." ■

Additional reporting by MICHELLE MALIA

MEAN STREET, CONT. FROM P. 137

range of motion. In short, such breathing sabotages your performance and exponentially increases your risk of injury, Maxwell says. And its effects aren't limited to fighting.

"Dysfunctional breathing can also destroy a workout," says Maxwell. "But learning to stay calm when you're training has precisely the opposite effect; it improves motor coordination and focus, optimizes muscle use and lifting technique, and increases power while reducing the risk of injury."

The secret, says Maxwell, is to breathe through your nose, using your diaphragm to draw as much air as you can deep into your lungs. That first part, breathing through your nose, is key; it stimulates the vagus nerve, which calms your nervous system by counteracting the fight-or-flight response. "Your performance might drop initially while you get the hang of it," says Maxwell, who often has clients hold water in their mouth to make sure they breathe through the nose. "But you'll quickly begin to see improvements in strength, power, and mobility as you lift and breathe in a calmer, clearer, more controlled state."

With the students and trainers at Phuket Top Team looking on, Belcher and Abreu put that principle to practice, flinging each other around the mat as calmly and effortlessly as if they were teaching a tumbling class for toddlers.

"Once you learn how to breathe and remain calm, you can begin to master all the other elements of your game," says Abreu. "That's the secret to becoming a champion—staying calm and putting it all together."

FIGHT ON ALL FRONTS

After three days of alternating between jujitsu and Muay Thai workouts, Belcher steps into a black-walled room at Tiger Muay Thai for some technique work with UFC legend Roger Huerta. They make polite conversation for a minute, but it's 4 p.m. and a group of 24 fighters is waiting to learn how to optimize footwork while throwing combination attacks.

At first glance, the drills look like the kind of repetitive exercises you might expect to see in a YMCA karate class. But here they take on a greater significance, demonstrating a seamless integration of MMA's four major fighting styles (wrestling, boxing, Muay Thai, and jujitsu). "We're cross-training," says Belcher.

The various martial arts might look similar to the uninitiated, but their physical demands can be as different as weightlifting and bicycling, and practicing several styles concurrently delivers both strength and endurance benefits. "When you challenge your body with new movements and exercises, you stimulate your muscles as well as your nervous system, helping both become stronger," says Weafer. You also reduce your risk of overuse injuries. But for MMA fighters, the benefits of cross-training extend beyond fitness—they're essential for survival. "Mastering jujitsu but remaining a mediocre wrestler doesn't exactly boost longevity," says Belcher. He adds one more reason to mix things up: "Variety keeps training fun."

Right then, Tiger Muay Thai coach George Hickman wants Belcher to practice a brutal double-leg takedown. Belcher whiffs at his first attempt, gets closer on his second, and nails his third, slamming Hickman to the mat.

"Alan's one of the most well-rounded fighters in mixed martial arts," says Huerta as he watches Belcher grab a protein shake and flop against a wall next to a group of Chinese fighters. "And he's that way because he's always willing to challenge himself and try new techniques."

He's spent from the day's training, so it takes Belcher a moment to realize he's the object of hero worship. Unable to communicate in English, the Chinese fighters pantomime what they want: selfies with the American striker. Belcher smiles. "Sure. Gather round."

One by one, the fighters stand next to Belcher, taking a picture with one hand while making the other into a fist. "Ain't this fun?" says Belcher. "Train, eat, and fight in paradise. It doesn't get any better than this." ■

WHERE TO BUY

Apple
apple.com
Breitling
breitling.com
Bulova
macys.com
Cartier
cartier.us
Citizen
citizenwatch.com
Ernst Benz
ernstbenz.com
Larsson & Jennings
larssonandjennings.com
LG
lg.com
Maurice Lacroix
mlxusa.com
Michael Kors
michaelkors.com
Nixon
nixon.com
Omega
omegawatches.com
Panerai
panerai.com
Patek Philippe
patek.com
Pebble
getpebble.com
Raymond Weil
macys.com
Seiko
seikousa.com
Shinola
shinola.com
Tag Heuer
us.tagheuer.com
Timex
timex.com
Tissot
us.tissotshop.com
Tudor
tudorwatch.com
Zenith
manfredijewels.com

MEN'S HEALTH Vol. 30, No. 9 (ISSN 1054-4836), is published 10 times per year (monthly except for January and July) by Rodale Inc., 400 South 10th St., Emmaus, PA 18098–0099; (800) 666-2303. Copyright 2015 by Rodale Inc. All rights reserved. In U.S.: Periodicals postage paid at Emmaus, PA, and at additional mailing offices. Postmaster (U.S.): Send address changes to *Men's Health* magazine, Customer Service, P.O. Box 26299, Lehigh Valley, PA 18002-6299. IN CANADA: Postage paid at Gateway, Mississauga, Ontario; Canada Post International Publication Mail (Canadian Distribution) Sales Agreement No. 40063752. Postmaster (Canada): Send returns and address changes to *Men's Health* magazine, 2930 14th Avenue, Markham, Ontario, L34 5Z8. (GST# R122988611). Subscribers: If the postal authorities alert us that your magazine is undeliverable, we have no further obligation unless we receive a corrected address within 18 months. For licensing and reprints, contact Nick Iademarco at Wright's Media, (877) 652-5295 ext. 102, or niademarco@wrightsmedia.com.

Men's Health

Satisfaction GUARANTEED!



If your subscription needs attention, please contact us immediately so we can help you!

menshealth.com/customer-service

Phone: 800-666-2303
E-mail: HLHcustserv@cdsfulfillment.com
Customer Service:
P.O. Box 26299
Lehigh Valley, PA 18002-6299

We can help you:
Pay for/renew your subscription
Check your subscription status
Change your address/e-mail
Report a missing or damaged issue
Sign up for our FREE newsletter
Give a gift subscription

Digital editions available from these partners:

Download on the App Store · powered by zinio · available on kindle fire · nook · Download from Windows Store · GET THE MAGAZINE ON Google play

Amazon, Kindle, and Kindle Fire are trademarks of Amazon.com, Inc. or its affiliates. Apple, the Apple logo, iPhone, and iPad are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc. Barnes & Noble is a registered trademark of Barnes & Noble Booksellers, Inc. Google Play is a trademark of Google Inc. Nook and the Nook logo are registered trademarks of Barnesand noble.com LLC. Windows and the Windows logo are trademarks of the Microsoft group of companies. Zinio is a registered trademark of Zinio, LLC.

202865801



Are You That Annoying Guy?

Somewhere between harmless quirk and dick move you'll find the kind of irksome acts described here. If you're guilty, it's okay—we offer gentle correctives.

BY STEVE CALECHMAN

GUY LIST

PLEASE STOP...

- Yammering about your fantasy players while the game's on.
- Doing anything naked in a locker room except showering.
- **Saying, "Can I give you some advice?" before giving advice.**
- Using the tiny resort pool for lap swimming.
- Saying "Just kidding." Yeah, we know.
- Wearing a wool cap indoors. C'mon, this ain't *Breaking Bad*.
- **Offhandedly texting, "Wanna hang out?"**
- Posting more than one motivational Facebook quote per month.
- Make that per year.
- Picking 69 as your uniform number.
- **Checking your golf swing in the mirror.**
- Emailing a link without an explanation.
- Taking the adjacent bar stool/subway seat/urinal when plenty of others are open.
- Constantly mentioning that you're from Texas.
- **Bragging that you know the owner of the restaurant.**
- Posting coffee pictures on Instagram. Coffee good: We get it.
- Referring to a pro sports team as "we."
- **Popping out in slow-pitch softball.**
- Taking the aisle seat, then acting annoyed when someone needs to squeeze past.
- **Believing everything is better with bacon.**
- Talking about how much you used to be able to drink.
- Tiptoeing in boots in the house, thinking the mud won't come off.
- **Saying you'll "take it to the next level."**
- Ending with "That's what I'm talking about!"

DELIVER IT STRAIGHT

Be direct but caring. Say "I don't want to see you get screwed, and I would want you to tell this to me." This is an effective combination of concern and respect.

Paul Marciano, Ph.D., human relations consultant; author of *Carrots and Sticks Don't Work*

ACT YOUR AGE

With women, especially! Try "Want to get together?" It's still low-key, but now you sound like a confident adult. After she says yes, be ready with ideas; it shows you've been thinking about her.

Christie Hartman, Ph.D., dating expert; author of *Changing Your Game*

FEEL, DON'T LOOK

Focus on rhythm and balance, not your hands and arms. Let your torso fully rotate so your arms and club work in sync with your body. Do this with equilibrium, and good shots happen.

Brian Mogg, owner, Brian Mogg Golf Academy

BECOME A REGULAR

You know it's called the hospitality business, right? To become truly known, go on a Tuesday. The staff is in rhythm but has more time to chat, and the chef may test out new dishes.

Scott Conant, chef and owner, SCM Hospitality, NYC

HIT IT HARD, NOT FAR

Think line drives, not homers. Start by moving back in the batter's box to change the impact point between bat and ball. Keep your head and shoulders quiet and hit into the ball, not up on it.

Steve Shortland, head coach, USA Softball Men's Slow Pitch National Team

BRIGHTEN THE FLAVORS

Rich, salty bacon calls attention to itself. For subtly flavored foods, like whitefish or roast chicken, use acid to pump up the taste. Halve a lime or lemon and grill it cut side down; then squeeze.

Brad Farmerie, executive chef, Public, NYC

OH, PLEASE

This is an empty, no-balls promise. Be specific about how you'll improve, and name a quantifiable goal. There, you've grown a pair. (Don't say that, either.)

Mark Babbitt, president, Switch & Shift, business consulting firm

ILLUSTRATION BY ASAF HANUKA



©2015 SEIKO CORPORATION OF AMERICA

SEIKO

PROGRESS TO SEIKO

SeikoUSA.com

AVAILABLE AT
MACY'S AND MACYS.COM


SAUVAGE
THE NEW FRAGRANCE
SAUVAGE
Dior
Dior
dior.com
Dillard's